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FHM

IT'S GREAT TO BE A MAN

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TURNED ON!

What we're watching while we're stuck indoors this pandemic!

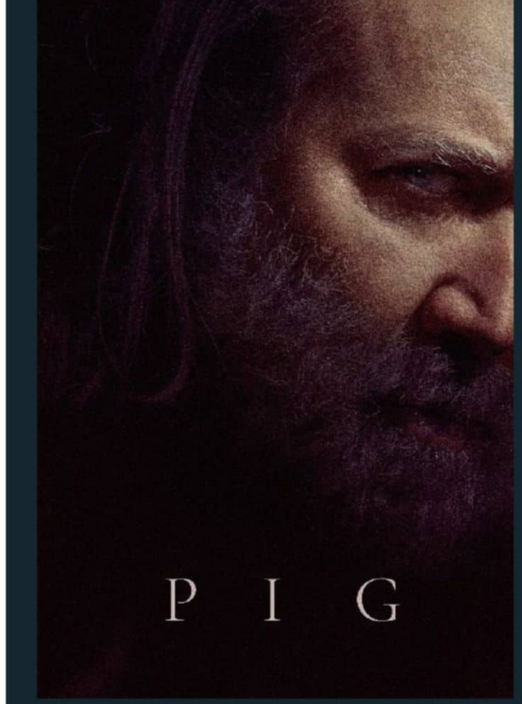
PIG

It's no secret that Nicolas Cage is a strange man, it's also no secret that he features in roughly 8 movies a year, of which 7 are dreadful garbage, to pay off his debt with the IRS. What might be a secret to some, is that Nicolas Cage is a wonderful actor, you just need to find that 1 out of 8 every year to find the proof. For every 7 movies that he plays either a stoic action man or a screaming lunatic, there is one gem that he turns in a truly wonderful performance. And Pig is that one gem this year.

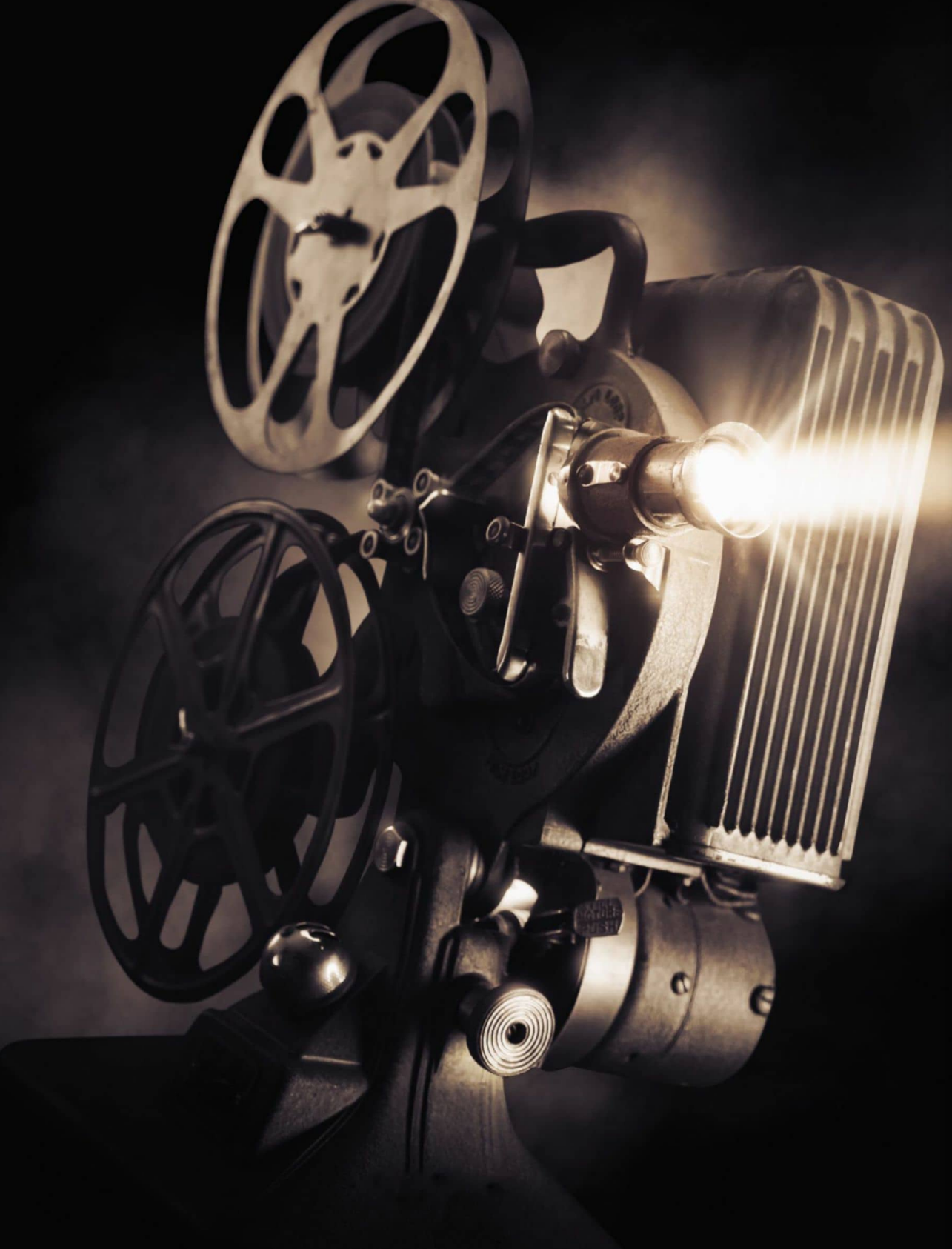
The premise is simple and quite deceiving, Cage plays an isolated truffle hunter in the Oregan wilderness, who must return to his past in Portland in search of his foraging pig after she was kidnapped. On paper, this screams of a John Wick rip-off, a movie that saw a man go on a revenge romp after his beloved dog was killed. Yet Pig can be seen as the antithesis to John Wick. This is not a revenge movie, this is not the story of a man who goes on a gloriously gory gun fight rampage to avenge his pig. This is the story of loss, of hope, and of a man who rediscovers himself by going back to his mysterious past.

It's an incredibly emotional story and Nicolas Cage turns in a wonderful performance as a man who has lost everything. A quiet, subtle performance, something many might not expect from the otherwise over-the-top, crazy mad man roles seen in the majority of Cage's movies. He is not a hero, he is not a man that fights or wields a gun and takes down rows upon rows of gun-toting mobsters. He is a simple farmer in search of his truffle pig. Cage comes across as sympathetic, a quiet man pushed to near desperation to find the only thing that matters to him. Yet it's not just Cage's performance that stands out from the film. Alex Wolff, of Hereditary fame, plays a young, slick salesman who desperately wants to prove to his successful father that he too can be successful, with varying degrees of success. Wolff's character is as broken as Cage's, but in a very different way as he deals with the frustration of seeking his father's approval and dealing with the loss of his mother. His character is a wonderful foil for Cage's and together the two light up the screen twitch their performances.

On paper, Pig should not be as emotionally impactful as the premise suggests. On paper, Nicolas Cage hunting down his pig's kidnappers sounds like a disaster waiting to happen, yet in the hands of director Michael Sarnoski, Pig turns out to be one of the most

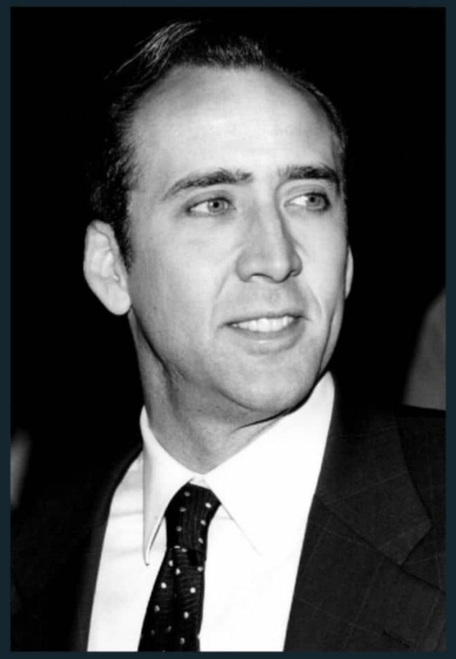


emotionally moving films of the year. The basic story of a farmer looking for his pig is one that will stick with you for days to come, a story that expresses loss and hope in such a unique way that it's one of the essential movies of the year.



CAGE BEING CAGE

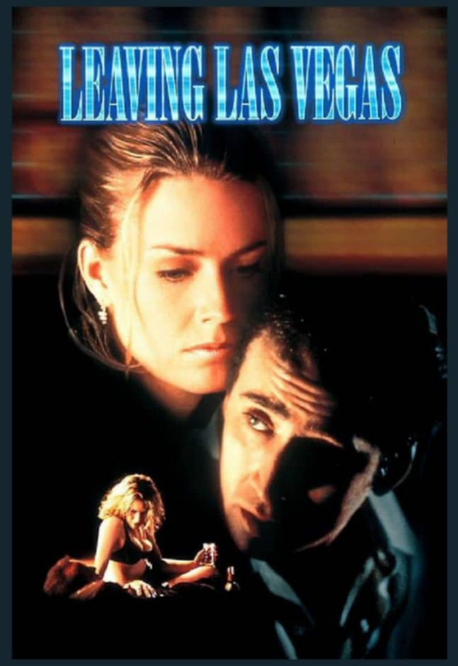
The Best Nicolas Cage Movies



Nicolas Cage is an enigma, an actor who can go from an Oscar-winning performance to bargain-bin trash within a week. A man that has done over 118 movies in his career, most of them absolute garbage. Yet he is one of the best actors around, an actor that can deliver a performance that moves you, that sticks with you. Of course, the reason behind the multitude of movies is his troubles with the law, his incredible debt and sometimes his terrible movie selection. And although 90% of his movie roles are embarrassingly bad, he has starred in some of the best movies around. Here are some of our favorite, and best, Nicolas Cage movies that prove the man is a genius.

WILD AT HEART

David Lynch is a wonderful director that makes wonderfully weird and out there movies. The perfect director for the wonderfully weird Nicolas Cage. Wild at Heart doesn't get enough credit in the Lynch filmography, but some might feel it's one of his best. After serving prison time for a self-defense killing, Sailor Ripley (Nicolas Cage) reunites with girlfriend Lula Fortune (Laura Dern) . Lula's mother, Marietta, desperate to keep them apart, hires a hitman to kill Sailor. But he finds a whole new set of troubles when he and Bobby Peru, an old buddy who's also out to get Sailor, try to rob a store. When Sailor lands in jail yet again, the young lovers appear further than ever from the shared life they covet. Lynch allows his cast to explore their characters and Cage takes full advantage of it. Even though his character Sailor should not be a likable guy, Cage's wonderful performance makes you root for the jailbird every time.

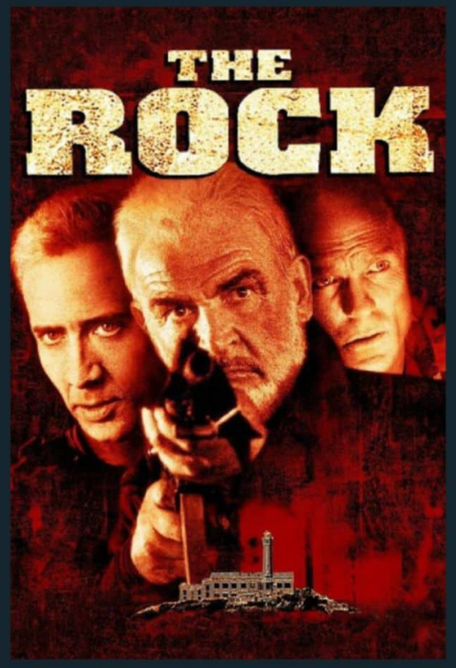


LEAVING LAS VEGAS

The movie that cemented Nicolas Cage's reputation as a skilled and wonderful actor as he was honored with his first and only Oscar for best actor. Leaving Las Vegas sees Cage play Ben Sanderson, an alcoholic Hollywood screenwriter who lost everything because of his drinking, and arrives in Las Vegas to drink himself to death. There, he meets and forms an uneasy friendship and non-interference pact with prostitute Sera, played by the equally wonderful Elisabeth Shue. It's the first role where we truly saw the range of Cage, a role that showed off his talent to play a broken character without the wackiness his previous roles required. This is a heavy movie, so do not expect his usual crazy outburst or over-the-top acting. It's a movie that explores serious topics and Cage pulls it off wonderfully.

MOONSTRUCK

It might be hard to believe in 2021, but Nicolas Cage was once seen as a heartthrob, a sex symbol that the ladies would swoon over. The reason for that was Moonstruck. Overnight the 23-year-old became an instant sex symbol as he played Cher's love interest in this 1987 romantic comedy. No sooner does Italian-American widow Loretta accept a marriage proposal from her doltish boyfriend, Johnny, than she finds herself falling for his younger brother, Ronny (played by Cage). She tries to resist, but Ronny loses his hand in an accident he blames on his brother, and has no scruples about aggressively pursuing her while Johnny is out of the country. As Loretta falls deeper in love, she comes to learn that she's not the only one in her family with a secret romance. It's hard not to fall in love with Cage's character in this movie and the on-screen chemistry between himself and Cher is wonderful to see.

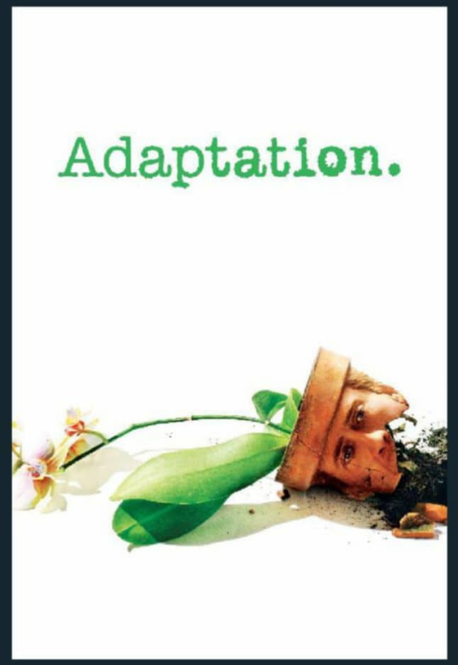


THE ROCK

The ’90s would see Nicolas Cage turn his attention to action movies, a departure from his late ’80s comedy roles, and The Rock was his first big hit as an action star. Starring alongside big hitters Sean Connery and Ed Harris, Cage holds his own as FBI chemical warfare expert Stanley Goodspeed. His character is sent on an urgent mission with a former British spy, John Patrick Mason, to stop Gen. Francis X. Hummel from launching chemical weapons on Alcatraz Island into San Francisco. Gen. Hummel demands $100 million in war reparations to be paid to the families of slain servicemen who died on covert operations. After their SEAL team is wiped out, Stanley and John deal with the soldiers on their own. It’s a ludicrous plot and some would argue the start of Cage’s “crazy” career choices but our next selection will take that honor.

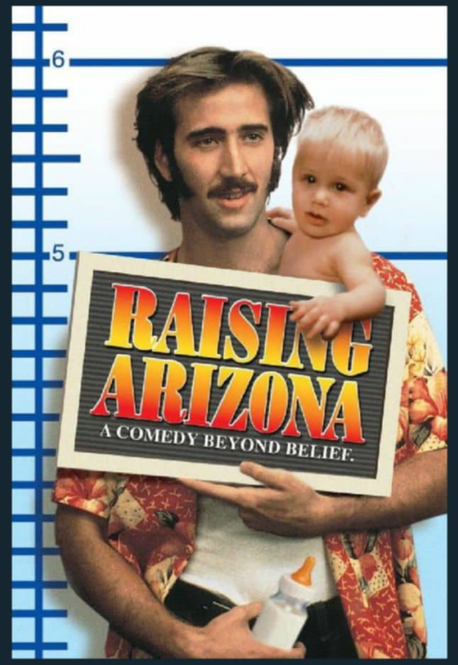
FACE/OFF

The premise for Face/Off is as ludicrous as most of Cage’s performances. Sean Archer (John Travolta) believes that his son’s killer is his sworn enemy, a very powerful criminal, Castor Troy (Nicolas Cage). One day, Archer has finally cornered Castor, however, their fight has knocked out Troy cold. As Archer finally breathes easy over the capture of his enemy, he finds out that Troy has planted a bomb that will destroy the entire city of Los Angeles and all of its inhabitants. Unfortunately, the only other person who knows its location is Castor’s brother Pollux, and he refuses to talk. The solution, a special operation doctor that can cut off people’s faces, and can place a person’s face onto another person. Archer undergoes one of those surgeries to talk to Pollux. However, Castor Troy somehow regains consciousness and now wants revenge on Archer for taking his face. Yes, that is the plot. It’s completely absurd and as over the top as it sounds. Yet it’s a wonderfully silly movie, featuring one of the first “crazy” Cage moments captured on screen. This was officially the start of the manic screaming Nicolas Cage we’ve all grown to love over the years.



ADAPTATION

A criminally underrated movie, Adaptation saw Cage take a step away from the ludicrous over-the-top action flicks of the ’90s and take on a more serious role. Directed by Spike Jonze (Being John Malkovich, Her, and a multitude of amazing music videos) Adaptation sees Nicolas Cage as Charlie Kaufman, a confused L.A. screenwriter overwhelmed by feelings of inadequacy, sexual frustration, self-loathing, and by the screenwriting ambitions of his freeloading twin brother Donald. While struggling to adapt ″The Orchid Thief,″ by Susan Orlean, Kaufman′s life spins from pathetic to bizarre. The lives of Kaufman, Orlean′s book, become strangely intertwined as each one′s search for passion collides with the others′. Co-starring the brilliant Meryl Streep, Adaptation was nominated for every single award one can think of and remains to this day one of Cage’s most underrated performances.



RAISING ARIZONA

One of the earlier Coen Brothers movies, tells the story of an absurd yet likable family with an unproductive couple as the focal point. The couple has gotten themselves into some trouble while kidnapping a baby and gave Hollywood one of the most memorable chase scenes to date. An instant cult classic as the chemistry between Holly Hunter and Nicolas Cage is undeniable. The hilarious script gave a wonderful platform for Cage to explore his comedic side, and was also one of the first movies where we saw the “crazy” side of Cage. It’s a movie with a lot of heart and captures the 80’s screwball comedy perfectly.

NORA KYZY

Model @nora_kyzy
Photographer @138waterm
Agency @lsamodels
PR LSA Publications: @leo.alderman @lsapublications

Such an absolute honor to have you feature on FHM! What has your journey as a certified bombshell been like so far? It's been fun, but challenging journey! I learned a lot about my strengths and weaknesses as well as about the industry along the way. Although, I started my career relatively recently, it's been a rollercoaster of ups and downs, but I wouldn't change a thing.

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? My biggest motivation will always be my family back home, in Kyrgyzstan. My mother has been working hard her entire life and knowing her sacrifices pushes me to succeed and motivates me to get better at every area of my life.

Top 3 best moments of your career? Hopefully my absolute best moments are still ahead;). But I was very happy when I got published on my first magazine cover back in Texas when I started modeling, having opportunity to move to LA to continue my career and perhaps this interview:).

What is your favourite chill time activity? I prefer active outdoors rest usually. I love scuba diving, hiking and recently I discovered surfing for myself and fell in love with catching the waves.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? This would entail going on a date with a man who is respectful, genuinely kind, sarcastic, smart and funny. We could have a beach picnic together with some great wine at sunset.

What are, hands down, your absolute favourite things to do? I love being in the water. Swimming, diving, paddle boarding or just being on a boat. Ocean is the best therapy for me.

3 ultimate deal breakers when it comes to men? Lack of empathy for other beings, failure to keep promises and emotional immaturity.

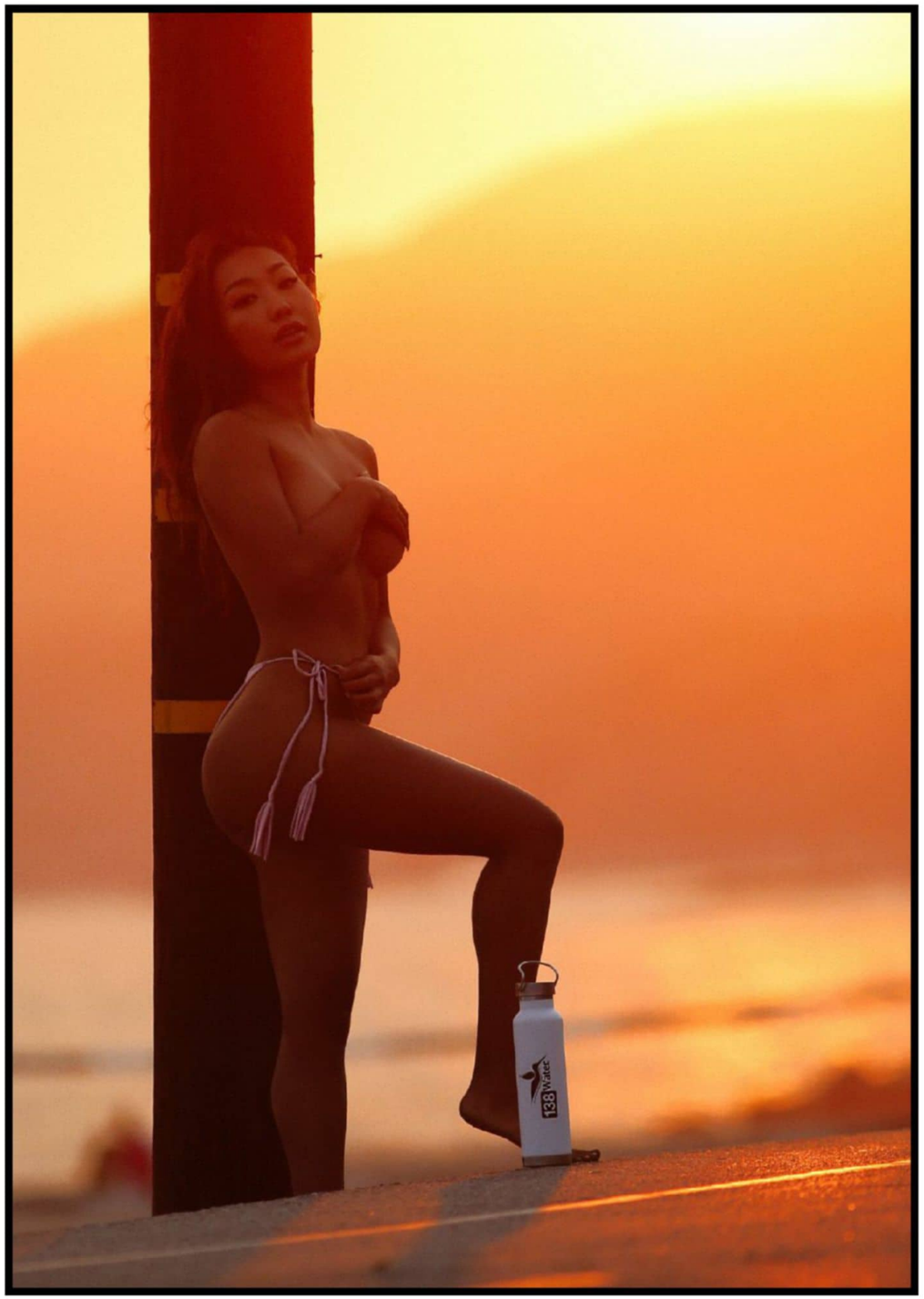
You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? I would like to dive with a great white sharks and see these beautiful creatures in their natural habitat.

Where would you say is your favourite place to be in the world and why? Kauai island in Hawaii has forever captured my heart. It is truly the most beautiful place I've ever seen. I love the chill and slow-paced lifestyle there as well.

What is currently playing on loop on your playlist? Crimewave by crystal castles.

Where can our readers catch up with you and stay updated with your work? I'm the most active on my Instagram page, where I post my modeling work, behind the scenes clips and just stories about my day to day life.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Grow. Travel and learn new cultures. The world is beautiful and has so much to show you, it would blow your mind. Get out of your comfort zone. Go after what you love doing and make it your job/business. Time in life is really the only thing that we have, don't spend it doing something you don't love with a passion.


138 Water

ANTI-SOCIAL

Games to help you self-isolate

Twelve Minutes

You arrive home, tired from a long day at work. You find the key to your apartment hidden underneath the fake rock by the pot plant, exactly where it always is. You open the door, relieved to be finally home. Your wife is there, she is excited to see you and claims she has a surprise for you. Twelve minutes later you are dead on the floor after a police detective stormed your house, beat you to death, and arrested your wife on murder charges. Only for you to wake up at the exact moment you initially walked through the front, to experience the exact same twelve minutes again, and again and again.

That is the core premise of the brand new adventure game from Luis António and publisher Annapurna Interactive. A real-time top-down interactive thriller that puts you, the player, in a seemingly inescapable twelve-minute time loop. However, with each twelve-minute run you learn something new, to utilize in your next run to try and stay alive, avoid your wife being arrested and dodging the suspicious detective. It's an incredibly smart premise and each twelve-minute run is a tense scramble to avoid the mistakes you made in the previous run. Featuring the voice talent of top Hollywood talent, James McAvoy, Daisy Ridley, and Willem Dafoe, Twelve Minutes creates a dream-like tension and claustrophobia, unlike any other game before it.

The gameplay itself harks back to the point-and-click games from old, focusing on dialogue choices and utilizing the environment to solve the dreadful time loop. Although the game feels very clearly developed for PC gamers, console gamers will have no trouble at all with the controller setup for this game. Unlike point-and-click adventures of old, Twelve Minutes isn't crammed with nonsensical puzzles that require bizarre combinations (here's looking at you Monkey Island 2), instead most "puzzles" become quite obvious, but only after a few runs through the loop. If you do get stuck at some point, the game, fortunately, pivots quickly in a direction to make the solution quite clear, so it will be very rare that you get frustrated by some of the solutions. The ticking clock element of the game is what truly makes the game unique, meaning sometimes you will be furiously trying anything and any solutions as you know your twelve minutes are running out. Regarding the story, thankfully it stays constantly engaging, even though technically you are replaying the same twelve minutes over and over again, with surprise twists and turns to keep you on the edge of your seat.

Twelve Minutes perfectly captures what makes the indie gaming scene so special, taking a simple idea and running with it. Along with the wonderful voice cast and truly tense gaming moments Twelve Minutes is highly recommended if you are a fan of movies like Memento and The Shining, plus it is free on Game Pass right now, so you have no excuse not to try out one of the most unique games of 2021.

Psychonauts 2

In gaming, it's extremely rare for a game that was a commercial failure to get a sequel, yet Double Fine's 2005 Psychonauts is one of the few exceptions. Although critically lauded for its character and story, the original platformer never saw the sales that would warrant a sequel, yet creator Tim Schafer never gave up on his dream of delivering a sequel to the cult hit. Now 16 years later, and with the support of Microsoft, who acquired the studio in 2019, Psychonauts 2 is finally here and it's everything the fans could've hoped for.

Picking up directly from the small VR release, Psychonauts in the Rhombus of Ruin, Psychonauts 2 sees Razputin Aquato, a trained acrobat and powerful young psychic, having realized his lifelong dream of joining the international psychic espionage organization known as the Psychonauts. But these psychic super spies are in trouble. Their leader hasn't been the same since he was kidnapped, and what's worse, there's a mole hiding in headquarters. Raz must use his powers to stop the mole before they execute their secret plan—to bring the murderous psychic villain, Maligula, back from the dead. Tim Schafer, director of the Psychonauts series, said that some of the ideas introduced in Psychonauts, such as Raz's family, their history, and the curse that continues to affect them, would be further explored in the sequel.

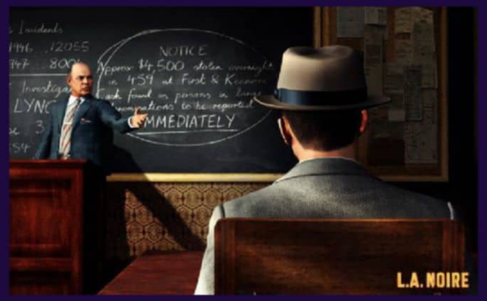
Schafer is of course legendary for his wonderful sense of humor and unforgettable characters from Grim Fandango and Brutal Legend, and his hot streak continues with Psychonauts 2 as he and his team deliver an inventive and unforgettable cinematic story that mixes Schafer's unique humor with tales of intrigue and plot twists galore. You will get to explore unique and wonderful environments using Raz's ability to dive into people's brains to battle their inner demons, unlock hidden memories and resolve their emotional baggage. Much like original Psychonauts, the sequel is very much a platforming game, seeing you take control of Raz as he leaps acrobatically through the air, traversing tightropes and trapezes in a varied, challenging and joyful platforming experience. As a Psychonaut, Raz can wield a powerful array of psychic powers to blast, burn and levitate things or even slow down time itself to solve environmental puzzles and battle strategic enemies.

Psychonauts 2 also looks incredible on Xbox Series X, with a level of detail rarely seen in platforming games. One can clearly see that the help of Microsoft and platform exclusivity has helped Schafer and his team really focus on delivering one of the best-looking platform games currently available. If you missed out on the original Psychonauts, or have been a fan for the last 16 years, you will not be disappointed with this incredible sequel. It's weird, it's wonderful and it is side-splittingly hilarious. Everything one would expect from the talented Double Fine Studios.

TOP DETECTIVE GAMES

You can play right now

The Detective mystery genre has always been prevalent across all media since time immemorial, from classic novels like the Sherlock Holmes series to classic TV shows like Columbo or the recent True Detective series. Who doesn't love a good mystery and shocking revelation at the end? Fortunately for fans of the above, gaming has always been a fantastic platform for mystery and solving crimes and the following games are a testament to that. Here are some of our favourite detective games you can play right now.

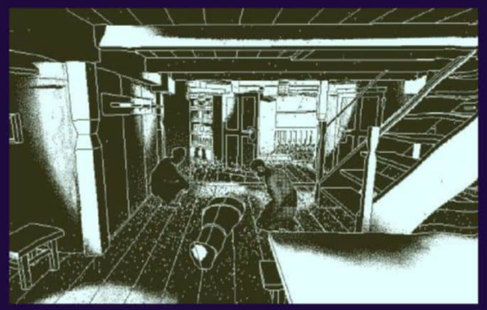


L.A. Noire

We'll start with the obvious one, a game that perfectly captures the 40's detective drama. L.A. Noire sees players take the role of Cole Phelps, a detective that works up the ranks of the Los Angeles Police Department. From starting a beat officer, Phelps will work his way up the various departments, from Homicide to Vice to Arson as he and his various partners try to solve some of the best crime cases in gaming. The game made a splash when it was originally released for its use of groundbreaking facial motion capture technology, allowing the player to see visual clues in the perps faces, knowing if they're lying or not. It was a game unlike any other and one of the best outright detective games you can play right now.

Judgment

Fans of the brilliant Yakuza series was pleasantly surprised when Sega announced they will release a new game set in the Yakuza world, yet you won't be playing as a beloved Yakuza chairman Kazuma Kiryu, instead, you will be playing on the right side of the law, a former attorney turned private detective Takayuki Yagami. All the hallmarks of a Yakuza game are still present, however, from the random battles on the street with low-life thugs to the wacky and outlandish side stories, now labeled as side cases. Although the detective side of things is a bit bare-bones, the overall story arc is a wonderful tale of who-dunnit, and even seasoned detective gamers will be surprised at the numerous twists and turns. Judgment. If you've always been a fan of the Yakuza series, then this game is essential.



Return of the Obra Dinn

Seen as one of the best puzzle detective games ever released, Return to the Obra Dinn is a game unlike any other. Players follow a storyline in which a ship that's been missing for years, the Obra Dinn, suddenly returns to dock. However, everyone on the ship is dead and now you'll be taking on the role of an insurance investigator that must assess the damages along with the reasons behind the deaths on the boat. With nothing but a journal and a unique pocket watch that reverses time and gives the player a unique perspective on how each crew member died, Return to the Obra Dinn is filled with intrigue and mystery. Figuring out what exactly happened to the crew is one of the most rewarding mysteries to solve and is a true challenge for any budding detectives out there.

The Danganronpa Collection

Japanese visual novels have seen a rise in popularity in the West over the last few years, with some wonderful games making their way from Japan. From big hitters like the Persona series right through obscure titles like The House in Fata Morgana, the visual novel genre is here to stay. Fortunately for mystery fans, one of the best detective visual novels is available as well in the wonderful but totally weird Danganronpa series. A dialogue-heavy game that puts characters into a life or death style game, the series mainly follows a group of individuals that are locked into a sinister deal. Here the only way to escape is to kill another individual and get away with it. This sets players up with having to go around and speaking with each character to figure out who is responsible for a gruesome murder. Each murder ends in a trial, where you get to present the evidence and reveal who the guilty party is. It's weird and it's wonderful, and it's very different from the other games on this list.

Heavy Rain

Originally a PlayStation exclusive, Quantic Dreams narrative-driven mystery drama Heavy Rain finally made its way to PC recently. Heavy Rain, a title that followed a serial killer kidnapping children and drowning them in rainwater. In the game, this killer has struck again by kidnapping the son of a father named Ethan. Now with a limited time to find the missing child, players are placed in the shoes of four protagonists who are all after the killer and solving this heinous crime by exploring areas, picking up objects, taking in clues, speaking with NPCs, and a whole lot of quick-time events. The wonderful thing about Heavy Rain is that you can get it completely wrong, miss a vital clue, or blame the wrong person and your character could die and the serial killer gets away scot-free. With multiple endings and a massive twist in the story, Heavy Rain is a wonderful mystery to solve, if occasionally flawed.

The Sherlock Holmes Series

No detective list would be complete without including the most famous detective of all time, Sherlock Holmes. Frogwares has been developing Sherlock Holmes games since 2002, with various levels of success. However, their latest outings have been wonderful detective games. 2016's Sherlock Holmes: The Devil's Daughter was their best outing, where players can explore the area of each crime, gather clues, and attempt to piece together what happened. You are presented with minimal clues in the beginning and it's up to you and your ever-present partner, Watson, to piece together the various clues and NPC interrogations to solve the crime. And much like Heavy Rain, the Sherlock Holmes series allows for you to be wrong. Get your deductions mixed up and the wrong person can walk away free while an innocent party might end up in prison or worse. Although the games aren't quite AAA quality, the team at Frogwares has done an amazing job with their limited budget.

'M'O FILTER!

The best pic editing apps

With the rise of social media and smartphones, the sharing of photos has become vital to the social media experience. From selfies, to travel shots, to carefully arranged food shots, mobile photography has become one of the favorite pastimes of many. Even though mobile phones these days are incredible, photos still need to be edited to ensure you get those likes and shares. So here are the essential and best Photo Editing apps for mobile in 2021

Snapseed

Google's very own photo editing app is an incredibly powerful tool, with its huge range of features and super easy-to-use interface. This free app comes with a range of preset filters, yet unlike other apps you can edit all these filters or even create your own filters for instant beautiful photos. But what truly sets Snapseed apart from its competitors is its precision masking, which allows you to edit the depth of field giving your photos that professional look. The Selective Adjust tool is also incredibly powerful, allowing you to adjust saturation, contrast and brightness to a single point, allowing the artist in you to truly shine.

Adobe Photoshop Express

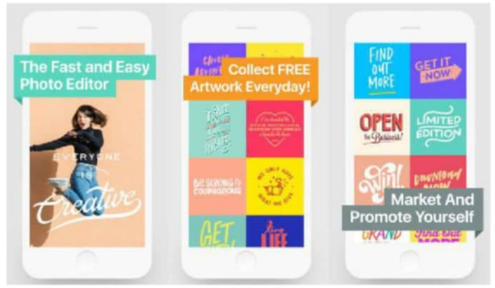
Bringing the best elements from its desktop software, Adobe is able to cram a lot of its proper Photoshop software into a mobile version. It is packed with features and the best part is that it's absolutely free. It has all the tools you'd expect – cropping, red-eye correction, brightness, contrast, saturation, filters, borders, etc. However, the best part is its selection of smart filters. This feature automatically corrects the most common issues such as exposure or color temperature, so it's perfect for the lazy photo editors out there. You will however need to create a free Adobe ID account before you can use the app, so expect a bit of admin, in the beginning, to get your Photoshop Express up and running.

Foodie

Okay, let's all admit that we roll our eyes in a restaurant when we see someone try to take the perfect angle of their food, instead of eating it. Of course, we should also admit we'd be the first people to give that foodie shot an instant like. Food photography has become incredibly popular and that's where Foodie comes in. A photo editor specifically designed to take your food photos to the next level. Those familiar with Instagram will feel right at home, with a similar layout and over 30 filters to choose from, Foodie does set itself apart by offering unique features that allow you to line up the perfect top-down food shot that will make the colors pop and the food seem even more delicious than in real life.

Visage

We always encourage people to be themselves and not be afraid of what people say about your photos or your unique features. However, sometimes a pimple will pop up to ruin that perfect selfie or a bad night's sleep might be dragging those bags under your eyes. So for moments like these, Visage is the perfect app to help you remove those minor blemishes. Visage helps with smoothing skin, reducing skin shine or apply eye makeup. Unfortunately, the free version is heavy on ads and might become intrusive, especially with the brander hashtag watermark. However, the pre-version is available for $4.99 per month or $9.99 per year if you want the ad-free experience. But most importantly remember you are unique and beautiful, so only use this app to hide away that annoying pimple now and again.

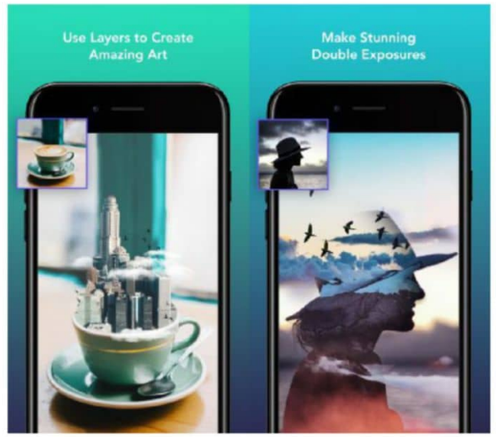


Over

Less a photo editing tool and more a text-adding app, Over sets itself apart from other photo editing apps by allowing you to add more versatile text to your photo. You can add multiple text overlays, each one individually customizable. OVer has an incredible amount of fonts to choose from and a very intuitive user interface, meaning you can add great text to your image quickly and easily. Editing lets you adjust tint, size, and text alignment of the image. Plus, you can pinch to resize the text. Moreover, you can add multiple text entries on a single image using the app's layer system. Customize as you like and then share on any social media network. It's a great low-cost way to start generating brand awareness for you or your brand.

TouchRetouch

One of the most annoying things to happen to a budding photographer is capturing the perfect image, only for it to be ruined by something in the background. Luckily TouchRetouch allows you to easily remove background elements like street signs, trash cans or those annoying photobombers. With its super easy-to-use interface, as well as built-in tutorials to ensure you can remove those annoying background blemishes, TouchRetouch is a surprisingly powerful app. Unfortunately, there is no free version and you will have to fork out $1.99 to use this powerful app. Yet it's a small price to pay to remove that dog taking a poo in the background.



Enlight Photofox

For those that aren't satisfied with just a photo and want to express their creativity, Enlight Photofox is the answer. This award-winning app allows you to blend photos together to create dramatic effects. You can also add graphic elements to your images. While it has many of the same features as Photoshop, such as layers, the learning curve isn't so steep. That said, to get the most out of Enlight Photofox, you'll probably need to watch a bunch of its tutorial videos. Unfortunately, this creativity does not come cheap and you'll either need to pay $2.74 per month or a one-time purchase of $64.99. But if you want to explore your creative side on your mobile phone then Enlight Photofox is the best in the business.

ROCK On!

Tips and secrets from Limp Bizkit's John Otto

Legendary rock band Limp Bizkit has played massive concerts over the years, with their countless hits, and now drummer John Otto is sitting down with FHM to reveal for the first time some secrets for other drummers wanting to make it, plus how life has been during the pandemic. Oh, and he also talks to us about his love of gaming and love life!

John, we are excited to have you! And also excited that music is back! What are you most excited about now that things are opening back up? I'm most excited for concerts. It was a hard year for musicians and live performers. I'm happy to see we can get back to doing what we love - performing live.

What trends in the music industry do you see happening going forward? I see more artists releasing exclusive and unreleased musical and visual content in NFT marketplaces, such as, Submerge and Unchained.

You are getting set to launch your own online music school... why is this so important to you to help upcoming musicians out? Teaching has been a passion of mine for quite some time. I believe it's important to give back and help other musicians succeed. Success is nothing if you can't share your knowledge and experience. Many great musicians have helped me throughout my career. I'm happy to pay that forward.

What 5 tips can you give to drummers wanting to make it?

1. Practice, practice, practice!
2. Jam with as many musicians as possible.
3. Be open to other styles of music.
4. Believe in yourself.
5. Practice some more!

You also are an active gamer on Twitch... what type of stuff do you play and how does gaming help you away from music and other things in your life? I'm into playing FPS (First Player Shooter) games. I like classics like Call of Duty, Madden and Grand Theft Auto. I've also played Destiny and Destiny 2. I like gaming because I have a group of friends I play with often. When I'm on tour I spend most of my free time gaming and talking to my family back home. It definitely helps me pass the hours and keeps me connected with my buddies.

What is something that just isn't true about most rockstars that people may be shocked to learn? *We don't party every night.* Our job is to entertain people. We wouldn't make it if we partied every night.

We don't trash hotel rooms. That cliche doesn't apply to my band or the majority of rockstars.

You have a wife and loving family now, but was dating difficult back in the day as someone who was in the spotlight? Dating was difficult because my schedule was crazy. I wasn't in one place very long. Our grueling tour schedules took a toll on my relationships.

LOVE + FOOD + POSITIVITY = SUCCESS

Top foods to boost your sex life

Want the girl of your dreams to love you? Want to make her happy in every single way? Want to know the secrets of how to use food to win her over? Well, that's exactly what FHM did by sitting down with Michael Newman, known as one of the top chefs on the hit television program "MasterChef: Legends" with Gordon Ramsay and his beautiful wife Basia.

Together the two not only cook and entertain, but they are very blunt about how people can use food & sex to help boost their relationships. No topic is off-limits with these two, and it's all for love.

"LOVE + POSITIVITY = SUCCESS"... explain to us your motto you both live by as a couple? The motto that we both live by as a couple, LOVE + POSITIVITY = SUCCESS is our mantra. We believe if you live by this motto, you will benefit from an abundance of loving and positive karmic energy resulting in what we consider true success, making the world a better place to live!

You are also both vegan. How has that played a role in your overall lifestyle as a couple? How was the transition originally to becoming vegan? Yes, we are vegan/plant-based. We originally made this transition to this lifestyle in June of 2018 for medical/health reasons. Michael had a history of family colon issues, which himself began to develop into possible future medical concerns. When we originally made this transition, it was quite difficult as we did it cold turkey. The hardest part of this transition was giving up pork and cheese. Basia, who is 100% Polish American, grew up with pork as a major staple of her diet as Poland has one of the largest pork production and consumption in the world. Being ethically adapted to having pork almost every day was very difficult for me.

Michael - you were just on the hit television program Masterchef alongside Gordon Ramsay... how was that experience? Yes, I am on FOX's hit culinary competition series, MasterChef alongside Gordon Ramsay. That was one of the most exciting yet emotionally trying experiences of my life. Having a Legend chef like Gordon Ramsay alongside Chef Aarón Sánchez, Joe Bastianich, and the culinary legend of the week was extremely intimidating, but also very gratifying as it was an honor each time I got to cook for these Legendary chefs.

Michael - What is your favorite thing to cook for Basia? Before being vegan/plant-based, Basia's favorite signature dish that I would make for her is chicken provolone, which is sautéed chicken with spinach, prosciutto, and sharp provolone with a garlic/shallot béchamel sauce.

She now loves my signature vegan Krabcake with a spicy jalapeño remoulade sauce. This is the dish which I received 4 YES's on FOX's hit culinary competition series, MasterChef. I earned the final white apron in the audition cookoff.

What type of foods will help your sex life? What tips would you give people to cook on the first date to 'seal the deal'... what should people NOT cook? The #1 way to have food help your sex life is by cooking it with love. The types of foods that will help your sex life are as follows: artichokes, chocolate, oysters, anything with fresh ginger, strawberries, blueberries, spicy foods especially peppers, and saffron.

Here are some cooking tips that should help you 'seal the deal' on the 1st date:

- Find out what your partner's favorite meal is and prepare it for them as a surprise.
- Use your senses while eating the meal. Example: blindfold your partner and feed the food to him/her.
- Involve your partner in the cooking process. Don't forget to compliment them on how great of a great of a job they are doing assisting you in preparing the meal.
- Always be sure to be intimate during the process such as light flirting, brushing up against, and once again complimenting. Like, come on, who doesn't love a good compliment?

Do not cook foods that your partner may be allergic to and/or especially foods they don't like at all. Also, too much garlic or foods that will make your breath foul. Nobody likes bad breath, especially on a first date.

You are both active in fitness. What is your workout routine like? What we love to do for our workout routine is Team Beachbody Fitness Programs on Beachbody On Demand in the comfort of our home. We are both Beachbody coaches and enjoy helping others achieve their fitness goals through online fitness coaching, 1-1 personal support, and going to the gym 4-5 times a week for about 40-45 minutes.

When it comes to the Tantra lifestyle, what is your advice to those who want to get into it? The advice we have for those looking to explore the Tantric lifestyle is to educate yourself by reading a book or two. One of our favorite books we enjoy and recommend to read is Urban Tantra by Barbara Carrellas. Also, take an introduction to Tantra class, which we will be hosting in the near future. We've received several Tantric training over the last couple of years and we plan on continuing our tantra education for ourselves.

When you were both single, what were some of the worst pick-up lines you have heard? One of the worst pick-up lines I (Basia) have heard is, If looks could kill you, I'd be dead right now. Well, I think I was the one who died when I heard that cheezy line.

You are both big on social media. How important is social media in this day and age? In this day in age, being part of the social media world is extremely important because it helps gain exposure to an audience that before social media, you would never be able to reach. Social media will also help you find and identify who your target audience may be. With this being said, social media can be a huge drain on you or your relationship, especially with us because we share a joint lifestyle account. We are huge advocates of taking periodic social media breaks by unplugging for 3-5 days. This will help with the strain of always keeping up and will also help refresh your mindset, help keep your relationship fresh and give to time to reconnect with your partner.

Anything else fun you'd like to add or include with our readers? Don't be afraid to explore your desires. Make sure you communicate any sexy, yet fun desires that you or your partner may have. There may be things that you and your partner enjoy, but have yet to discover. Be open to new ideas in the bedroom. An example would be including sex toys or any kind of role-playing you and your partner may like. You will never know unless you give new things a try. No one wants or likes a mundane sex life. Be sure to listen and accommodate all or any of your partners needs for the BEST SEX OF YOUR LIFE!

AMBER
Sweetheart

Model @amberjsweetheart
Photography by Mike Cohen | @mikecohenphotos
MUA Stephanie Emma | @stephanieemma.makeupartist
Personal Assistant Larisa Christofoletti | @fofoletti
PR LSA Publications | @leo.alderman @lsapublications

Such an absolute honour to have you feature on FHM! What has your journey as a certified bombshell been like so far? It all happened so fast, I'm kind of overwhelmed by it sometimes. I feel grateful to be where I am and have the amazing support system and fans I have. I absolutely love all my online boyfriends and have build this amazing relashionship with them!
I refer to all my fans, followers and supporters as boyfriends ;-)

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? I realy feel connected to my boyfriends, it's an amazing relationship where we really lift each other up. When they are not having the best day I'm there for them and vice versa. So I always have this amazing enviroment full of love to look forward to and inspire me to do the best I can in all aspects of my life at all times.

Top 3 best moments of your career? Well, I don't know if it counts but definitely my first time ever sexting after my breakup. It just opened my eyes to an entire new world and got me where I am today. Second, I would say getting my book deal, that's not an opportunity I ever thought I would get in a million years, especially with a subject like sexting that is just so me. What readers will get in this book is a little bit of me in those pages and hopefully it will reasonate well with them. Third, I guess the opportunity to model for FHM. The experience has been amazing and that's another dream I never thought was possible, am I'm a big dreamer, I really think most things are possible, but a cover for FHM just never even crossed my mind to ever be a possibility * laughs *.

What is your favourite chill time activity? Definitely yoga and exercise. These are my roots, I was an yoga teacher before OnlyFans and even though its not my profession anymore, I'm never giving up the practice. It keeps me grounded and relaxed, It makes all stress go away and makes me overall happier.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Take me to an activity filled day, a fun one too. I like to think of myself as someone who lives life to the fullest, so if you take me to have a fun new experience I'll enjoy it. But I'm warning you, it can be tricky to find a fun new experience I haven't had! * laughs *

What are, hands down, your absolute favourite things to do? That's a tricky one. Let me see...
Yoga, sexting, writing, trying new things, having new experiences...I also love that moment where you find out something about something or someone you are obsessed with and you just can't help but open you eyes really wide and giggle a bit, kind of like the sensation of coming through a piece of information that's so irrelevant in the great scheme of things, but in that moment, it just feels so important.

3 ultimate deal breakers when it comes to men? I tend to stay away from guys who are too close minded and full of prejudice. I also don't really like guys who try to put woman down, so if you insist your ex is crazy, I'm out!

You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? I actually have this bucket list of places I wish I could just move to for about 6 months to experience it fully like the most local-tourist ever.

Where would you say is your favourite place to be in the world and why? Honestly, my bed. * laughs * It's just that I'm always so busy working, my bed has become this holy grail in which I wish I could just be lazy and spend more time at.

Where can our readers catch up with you and stay updated with your work? You can keep up with me on my Instagram account @AmberJSweetheart, my twitter account @AmberJohanson_ and I'm always available to chat on my OnlyFans account @ambersweetheart

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? If you are not being appreciated, leave. Don't matter if it's a relashionship, a friendship or a platform. No one deserves to feel rejected for being themselves... Dream big and believe in yourself! Do you, babe!

TRAVEL Guy

Exploring the world

Welcome back to my personal review of the World. Just to remind you that Kirkey the Explorer recounts the moments his, according to some, largemouth gaped in awe. An octave or two above simple admiration for a place. Travel has become more than simply getting away from the humdrum of normal life. But having said that, with the pandemic still raging life is presently anything but normal.

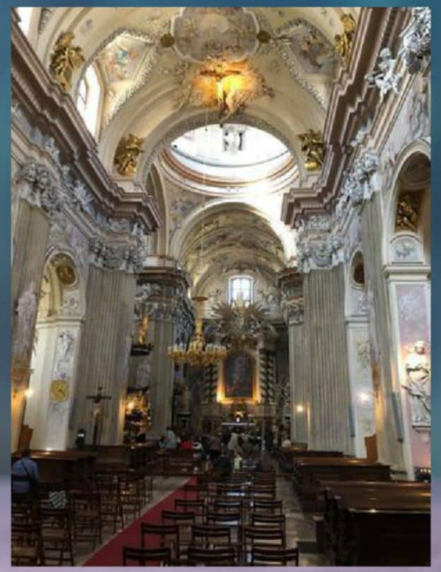
By Ian Kirke | Twitter @ianjkirke

Poland

Kraków is the most beautiful city I have ever visited. Its lavish architecture, expansive public open spaces, and sophistication fuse effortlessly to create the ultimate testimony to all that is positive and humanitarian. Approximately fifty miles due west is a town called Oświęcim. During WWII, the Nazis renamed it Auschwitz. Over a million human beings were murdered at the death camps. Many were killed on arrival and the remainder were subjected to the hellish nightmare of slavery until their demise. I had seen many terrifying and moving documentaries about the holocaust. As I walked amongst the buildings and infrastructures of death I was completely overwhelmed. Mountains of human hair. Personal possessions. And shoes. Thousands of shoes. Children's shoes too. This event had not occurred cons ago. Just two decades before I was born.

Discrimination is malevolent on any level and I still struggle to this day to comprehend what happened and worry that such instances of evil are still potentially within the gift of future regimes. The German people were not inherently immoral yet all it took was a movement of the few to create terror on an industrial scale. I wonder what type of society we would be living in now if it had been mandated that every schoolchild visit this place where the birds, contrary to the urban myth, still sing. Because nature is beautiful.

Δ (change) 95%
(Love) 90%



Indonesia

The sheer beauty of the coastline of southern Bali has few peers. Here I managed to relax to my inner core and wasn't expecting any jaw-dropping moments. Then again my life has been littered with sudden contradictions especially during a period of perceived calm. During a bike ride along a beach path, I gripped the brakes and came to a shuddering stop. The Hindu religious symbol denoting 'Everything is Good'. The swastika looked completely out of place emblazoned upon the gate that surrounded a small religious enclosure. Yet that was its real place. The symbol had been stolen by the Nazi regime and turned slightly anticlockwise to create the familiar logo that represented the ideology of Adolf Hitler.

A powerful reminder that sinister groups rarely enter the consciousness of the wider population in tanks, brandishing weapons, or spouting violence. Populism will look and feel right. It will hit the buttons and legitimize the message by hijacking existing and stirring insignia and a carefully crafted dialogue. Short on evidence but heavy on innuendo, repetitive falsehoods and targeting vulnerable groups.

My instinct to delve below the headlines, test the facts and remain continually suspicious of vacuous claims propelled with venom was right.

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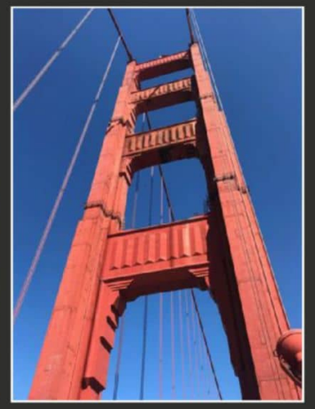

United States of America

Even before I set foot in the US there was an existing feeling of WOWNESS! Transatlantic culture had long been embedded in my psyche. 'The Streets of San Francisco', 'Dallas' & 'Hawaii 5-O' amongst swathes of other US television programs had given me a vicarious familiarity. Having kicked the ass out of the five-day pass for Disney World in Florida I held my bottle of Budweiser and looked skyward from the balcony of the modest Days Inn. The diamond-bright pulse was both hypnotic and blinding. As it majestically climbed high into the atmosphere I was transfixed in total awe. From my vantage point, the Space Shuttle Challenger was tiny, yet this incredible feat of human engineering made me feel microscopic. The human spirit is truly remarkable and completely all-consuming when it is harnessed for the greater good.

A few years later with the kids in tow, we were back in Orlando. I had always had a professional interest in managing crowds. My original introduction to public order, as a cop at the tender age of twenty-one, on the miners' dispute in 1984 painted a picture of seemingly utter chaos. However, as I became more experienced within this policing discipline, I began to appreciate that there was a high degree of certainty in how the masses behave. Analysis of this subject can be traced back to the nineteenth century although it is only in the last few decades that public disorder has been critically appraised. Professor John Drury of the University of Sussex asserted, "The crowd is as psychologically specific as the individual." So, having written to the head of security at Disney World, this trip on one hot Florida day, became a little like a busman's holiday. Having met Caryl at our agreed rendezvous point, a souvenir shop on Main Street, I was whisked into a lift that swiftly descended. Before I knew it I was being ferried around a labyrinth of tunnels in a golf buggy!

There was a whole new world of amazement hidden underneath! The magic of Disney was somewhat spoilt in that very instance. I saw cast members eating in canteens with their costume heads next to them and my chaperone explained how the crowds were elegantly managed from a control room resembling mission control. The chain-linked partitions at the busy rides were regularly uncoupled to allow the queues to move yet in reality the up and down aisle movements, although giving the impression of advancement, resulted in little progress from the original starting point.

Occasionally water sprinklers were activated to keep the crowd cool and in true Hill Street Blues fashion, groups of musical instrument-wielding cast members were deployed on flatbed vehicles to the major pinch points to keep the crowd entertained. How much better, I wondered, would my management of public order tactics have turned out if I had employed some of these strategies? Would those mass brawls outside nightclubs in Bracknell, High Wycombe, and Slough have been better suppressed if Donald Duck had turned up strumming a banjo? Disney World, I figured, could even teach the notorious French riot police, Compagnies Républicaines de Sécurité (CRS), a thing or two.

On our way back we took in New York for a few days. The Big Apple looked like I had always imagined. Steam billowing up from the sidewalks, the constant tooting of taxis horns and ginormous skyscrapers. As my young son Adam alighted from a famous yellow cab on this September morning, 2001, he arched his head skywards and summed it up in one delightful word: WOW!

On the second day, I cricked my neck too as I drank in the awe of the World Trade Centre from the top deck of an open-top bus. My daughter Lucy also captured this unique perspective on a disposable camera. A week later both towers were rubble. I still have the picture proudly on display today. A poignant reminder that the World can change in an instant.

I had earmarked my fifty-fifth birthday as my grand retirement party and what better way to celebrate than with a US road trip with my partner Cara from San Francisco to Las Vegas, via Yosemite, and along the Big Sur to Monterey, Cambria, Santa Barbara, and into Los Angeles on Route 101? There were some amazing moments along the way. Walking across the Golden Gate Bridge and feeling this solid iconic structure move underfoot. Standing in the exercise yard at Alcatraz which had housed the most infamous criminals up until a few weeks after I was born. Seeing the sun disappear behind the Sierra Nevada Mountains and being plunged into darkness whilst deep in the lush forest a few miles from civilization and acknowledging for the first time that it was not only bears who shit in the woods!

My Mum and Adam flew out to meet us in Las Vegas and during this high octane finish we ventured into Arizona to explore an example of water erosion. The

Canyon was big. I mean bigger than I could ever imagine. I felt gloriously small and insignificant. Around six million years in the making, my lifespan didn't even register (OK to be precise I had been around approximately 0.0009% of this wonder's existence). I knew at that exact moment that I was one of the lucky people who had created something special. Legacy: my two beautiful kids.

Whilst winding our way around our immense hotel, The Cosmopolitan of Las Vegas, I saw a series of black and white photographs adorning the wall archiving some of the great entertainers who had performed on the Strip. I stopped at Frankie Laine, the American crooner who had passed away in 2007. My Mum and Dad had been members of his fan club in the early 1960s. At the time, my Mum was living in Mawdesley, a small village in Lancashire, south of Preston whilst my Dad was in the Royal Air Force stationed on Christmas Island in the middle of the Indian Ocean. An unscheduled exchange of letters, following a request by the administrators to contact service personnel some 7,500 miles away, led to my parents getting married. Looking at Adam my eyes welled, and the tears flowed. Both our existences had been as a direct result of a game of chance. How simply precious is life?

Δ (change) 90%
(Love) 90%

Holland

As soon as I had landed in Schiphol airport I realized that I had discovered the true origin of Bohemianism. Anti-conventionalism oozed from the architecture, transport infrastructure and the very people of this unique country. As I sat in the open drinking an Amstel beer in De Wallen, the medieval city center, also known as the red-light district, my vision was drawn to a scantily dressed lady gyrating rather provocatively behind a full-length window on the opposite side of the canal. This practice was not in itself rare since I had passed many similar windows on entering this notorious area. The difference was that this energetic lady was, in my opinion, well into her sixties. This gave me an immediate boost as at the time I was fast approaching the half-century mark and I was beginning to ponder when it would be too old to rock and roll. In a flash, this lady demonstrated that the art of boogying had no defined end date. A mature chap then stopped outside, the lady invited him in, and the curtain was promptly drawn. I sipped and smiled and tried to think about anything other than what was happening inside of that pavement boudoir. A few minutes later the pleasure palace was vacated by both participants. The lady now dressed in a grey baggy tracksuit and the guy carrying two heavily ladened Lidl shopping bags. Meeting your missus after work had an air of normality even in the heart of sin city.

Walking around the Van Gogh Museum I was utterly confused. Hitherto I had always assumed that the pronunciation of the Dutch post-impressionist painter's named rhymed with a subtle 'go'. I was wrong. The correct utterance was a guttural and most alarming 'GOK!' Furthermore, his artwork left me quite numb. The swirls and blobs of a five-year-old came to mind and I wasn't in the least surprised that he had only sold a handful of his paintings when he was alive. But had I got it wrong? Was I wholly bereft of artistic appreciation? Was I ungraded when it came to culture? At that moment, I fully grasped the notion that there are some things in life that I will never truly comprehend, and they exist probably just to confuse great rafts of humanity in much the same way as American football and cricket.

Δ (change) 80%
(Love) 80%

Next time my attentive Passepartout, in the final installment, we are off to South Africa, Zanzibar, Austria, Australia, Iceland, and India.

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FEAR is NOT a Factor

The Rise of Rogan

The name Joe Rogan means many different things to many different people. Today he is seen as one of the biggest podcasters out there, others might see him as the outspoken UFC color commentator, while older fans will remember him as the host of Fear Factor and stand-up comedian. Regardless of how you became aware of Rogan, his story is a fascinating one of a directionless youth to becoming a household name over the decades. Yet where did it all start for the New Jersey native and what was the road that led him to become a multi-millionaire?

From Newark to Newton

Born in Newark, New Jersey on August 11, 1967, Joseph James Rogan is the son of a former Newark police officer. His father was known to have brief violent flashes of domestic violence, which led to his parents getting a divorce when he was only five. He would not see his father again however as his family decided to move to San Francisco when he was aged 7. What follows would be a few turbulent years for the young Rogan as his family would move around the country quite frequently. It was only when they settled in Newton Upper Falls, Massachusetts that Rogan found stability. While attending Newton South High School, Rogan was an avid baseball fan, yet it would be martial arts that truly grabbed the attention of the young man. Rogan was terrified of being seen as a loser as a teenager and it would be martial arts that not only gave him confidence but also gave him a different perspective of himself and what he was capable of. During high school, Rogan was a practitioner of Taekwondo and gained a black belt at age 15. He soon became the Massachusetts full contact Tae Kwon Do champion for four consecutive years. By the age of 19, Rogan won the US Open Taekwondo Championship and, as lightweight champion, went on to beat both the middle and heavyweight title-holders to obtain the Grand Championship. He started judo at the age of 20 and after a year of training received his blue belt. However, Rogan would stop competing in 1989 due to fears of brain damage and injuries in general. Recently on his podcast, Rogan went into detail about why he stopped competing at such a young age. “When I stopped fighting, it was in 1989, that was the last kickboxing fight I had. And there was nothing, there was no money in it. And I was getting headaches just from sparring. I did not spar smart. I sparred meathead style. I know a lot more today than I ever knew then as far as consequences and what's important and how to learn better. I was good at being obsessed with things, just focusing on them constantly all the time, it was kinda frantic, it wasn't calculated and intelligent. There was essentially no way to have a career other than teaching,” Joe continued.

“And so when I started to get into stand-up comedy, I realized, 'Oh wow, I could make a living doing this.' Like there's actually a real path like there's guys I know that make a living doing this. While everyone I know in fighting is broke or they're slurring their words. Guys from the gym would be in gym wars and now they're all f*cked up, they don't know where they parked their car. There was a lot of that sh*t that was scaring the f*ck out of me.”

From the Ring to the Mic Stand

After giving up his fighting career, Rogan attended the University of Massachusetts Boston but found it pointless and dropped out early. At that stage he was directionless, nervous about his future, and knowing he could never do a normal 9-5 job, Rogan had a go at stand-up comedy. Having always been a fan of stand-up comedy, ever since his family took him to see Richard Pryor's film Live on the Sunset Strip, Rogan took a chance at doing his own stand-up material. It would take 6 months of preparation before he would set foot on a stage, and on August 27, 1988, he would perform his very first stand-up routine at Stitches comedy club in Boston. His comedic styling was definitely more risque than most of his peers and it would be this style that would see him getting numerous gigs at bachelor parties and strip clubs. One night, Rogan convinced the owner of a comedy club in Boston to allow him to try a new, five-minute routine. At the show was talent manager Jeff Sussman, who liked Rogan's act and offered to become his manager, which Rogan accepted. In 1990, Rogan moved to New York City as a full-time comedian; he was struggling for money at the time, and had to stay with his grandfather in Newark for the first six months. The next four years would see Rogan slowly gaining popularity on the New York stand-up scene, but it would be a move to Los Angeles in 1994 that would see his career really take off.

His first national television spot on the MTV Half-Hour Comedy hour would be life-changing. The appearance led to the network offering him a three-year exclusive contract and a role in a pilot episode of a “dopey game show” for $500. Rogan declined, but it prompted his agent to send tapes of Rogan's performances to several networks, which sparked a bidding war. After a period of negotiation, Rogan accepted a development deal with the Disney network. He secured his first major acting role in the 1994 nine-episode Fox sitcom Hardball as Frank Valente, a young, ego-centric star player on a professional baseball team. The filming schedule was a new experience for Rogan, who started to work 12-hour days, yet it was an experience Rogan took on with all his energy. He would eventually leave the show due to creative differences but would find his next big role in the NBC sitcom NewsRadio as Joe Garelli, an electrician and handyman at the show's fictional news radio station. The role was originally set to be played by actor Ray Romano, but Romano was let go from the cast after one rehearsal, and Rogan was brought in. The switch caused Rogan to work with the show's writers to help develop the character before the show was set to launch, which he later described as a “very dumbed-down, censored version” of himself. During his time on NewsRadio Rogan befriended fellow cast member Phil Hartman who confided his marital problems to him. Rogan claimed he tried to persuade Hartman to divorce his wife five times, but “he loved his kids and didn't want to leave”. In 1998, Hartman was murdered by his wife. The loss affected Rogan's ability to perform stand-up, and he canceled a week of scheduled gigs. Rogan later saw acting as an easy job but grew tired of “playing the same character every week”, and only did so for the money. He later viewed his time on NewsRadio as “a dream gig” that allowed him to earn money while working on his stand-up as often as he could.

No Fear in the Hexagon

During his time as an actor and stand-up comedian, Rogan began working for a mixed martial arts promotion called Ultimate Fighting Championship as a backstage and post-fight interviewer, but would eventually quit the role as his salary didn’t cover the cost of traveling to the various events. But this would not be the last time Rogan would work for the UFC. After the UFC was taken over by Zuffa in 2001, Rogan attended some events and became friends with its new president Dana White, who offered him a job as a color commentator. However, Rogan initially declined as he “just wanted to go to the fights and drink”. In 2002, White was able to hire Rogan for free in exchange for prime event tickets for him and his friends. After about fifteen free gigs as a commentator, Rogan finally accepted pay for the job, working alongside Mike Goldberg until the end of 2016.

Rogan won the Wrestling Observer Newsletter Award for Best Television Announcer twice, and was named MMA Personality of the Year four times by the World MMA Awards. Yet Rogan was not one to take things easy, he would go on to have various

TV jobs during his UFC days, from starring in his own prime time sitcom on Fox called The Joe Rogan Show, to recording his very first stand-up comedy album which sold exceptionally well. Yet his biggest TV role was on the horizon as he was offered to host the American edition of popular reality show Fear Factor. Initially, Rogan declined the job but was convinced to take the role by his agent. Rogan also felt it would be a great platform for him to obtain observations and anecdotes for this stand-up comedy. The show was a huge success and saw Rogan's national exposure increase, which saw much larger turnouts for his comedy stand-up shows. After Fear Factor's six-season run came to an end, Rogan focused his career on his stand-up comedy, as concentrating on television had made him feel lazy and uninspired to work on new material for his act. With the money he had earned from television, Rogan hired two people full-time to film him and his comedy friends on tour, and release clips on his website for his JoeShow web series.

Experiencing Joe Rogan

In December 2009, Rogan decided to venture into new avenues as he launched a free podcast with his friend and fellow comedian Brian Redban. The first episode was recorded on December 24 and was initially a live weekly broadcast on Ustream, with Rogan and Redban "sitting in front of laptops bullshitting". By August 2010, the podcast was named The Joe Rogan Experience and entered the list of Top 100 podcasts on iTunes, and in 2011, was picked up by SiriusXM Satellite Radio. The podcast featured an array of guests who discuss current events, politics, philosophy, comedy, hobbies and numerous other topics. The Joe Rogan Experience became a smash hit and in early 2015, the podcast was downloaded over 11 million times. By October that year, the podcast was downloaded 16 million times each month, making it one of the most popular free podcasts. Five years later, Rogan announced that he had signed a multi-year licensing deal with Spotify, worth an estimated $100 million, making it one of the largest licensing agreements in the podcast business. In less than 10 years Rogan took a podcast about him and a buddy shooting the shit and turned it into a multi-million dollar enterprise. Through the years Rogan has proven himself to be one of the best hustlers in the business, from a successful TaeKwonDo career, to actor to TV presenter to one of the most successful podcasters in history, Joe Rogan avoided his biggest fear multiple times, as he is anything but a loser.

Tiffany LOPEZ

Model @tiffanyyllopez
Photographer Justin Swain | @Jswainphoto
Agency @lsamodels
PR @leo.alderman @lsapublications

Such an absolute honour to have you feature on FHM! What has your journey as a certified bombshell been like so far? I am so honored to be in FHM! My journey as a model has been so fun! It's always been a dream of mine to work with such talented people, and travel the world. I started modeling when I moved to LA 4 years ago, and I'm loving every second of it!

We are blown away by your drive and professionalism, can you tell us what some of the things that motivate you to stay on top of your game are? As long as I pursue a hobby or career that I'm passionate about I will naturally want to put in my best effort. I will always choose to do something because I enjoy it; not because I have to.

Top 3 best moments of your career? One of my favorite memories in my career was traveling to Cozumel, Mexico for a travel commercial shoot. The water is so clear and clean with tons of tropical fish and stingrays swimming around! It was like a dream. Another special memory was when I traveled to Mexico City for a photoshoot to shoot some Jewelry! I got to model these beautiful gold Cartier jewelry covered in diamonds. Made me feel like a princess haha. Also shooting my spread for MAXIM was another amazing moment in my career. It was a dream come true!

What is your favourite chill time activity? I love messing around on my dj board in my downtime. Music always gets me in a good mood! Especially if it's house music.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? The perfect date would be to travel somewhere beautiful and eat amazing food. P.s I love Wagyu!

What are, hands down, your absolute favourite things to do? I love to travel, eat food, and go to music festivals!

3 ultimate deal breakers when it comes to men? Such a turn off when a man has bad hygiene, is rude, or is just plain lazy. I love funny and ambitious men!

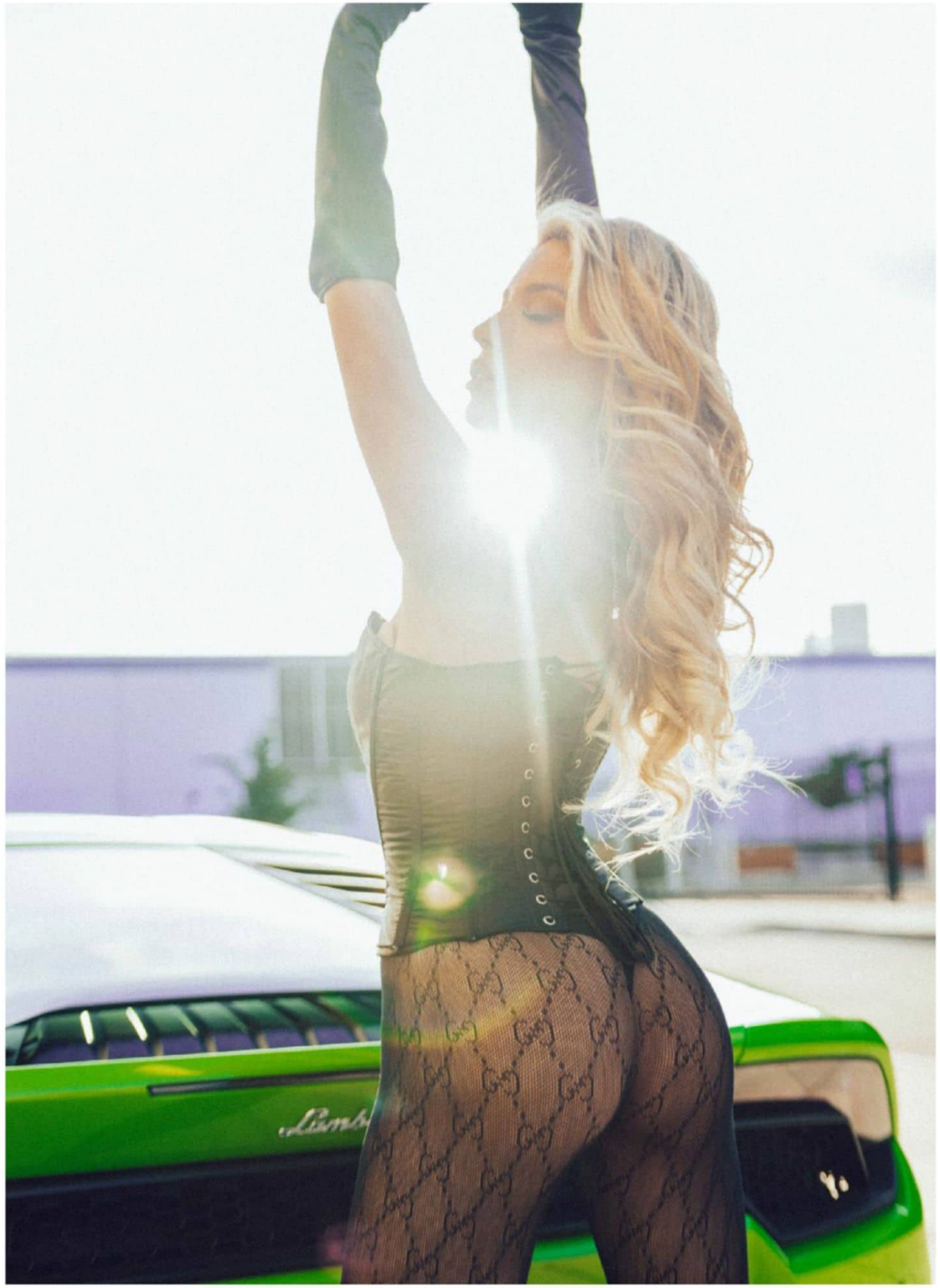
You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? If I had to choose one thing it would probably be to go on a safari ride in like Kenya. I've always wanted to see a wild giraffe.

Where would you say is your favourite place to be in the world and why? My top two favorite places in the world are Mykonos and Tulum. Both are so beautiful to me!

What is currently playing on loop on your playlist? Recently I've been listening to Lana Del Rey- West Coast (Solomun Remix) on repeat. Always makes me wanna dance.

Where can our readers catch up with you and stay updated with your work? Best way to keep up with my latest work would be on instagram! you can find me under @tiffanyyllopez.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? Stop dimming your light because you think it's more polite. Own it!



LAMBORGHINI'S POSTER CHILD IS BACK!

Past, present, and future all combined to deliver emotive performance.

"WHILE IT HAS ALL THE TROPES OF A 70S SUPERCAR ON THE OUTSIDE, THE NEW LPI 800-4 IS RIGHT UP THERE WITH LAM-BORGHINI'S MOST MODERN MODELS"

Clear out that bedroom wall clutter, a new Lamborghini is on its way and happens to be inspired by the most iconic bedroom wall poster of all time, the Countach! If you were a kid of the 90s, like me, the holy trinity of bedroom posters went something like this; the Lamborghini Countach, the Ferrari F40, and as an outlier, the Porsche 959. Now Lamborghini is reviving the nameplate – some call it retro, others call it a modern interpretation. Either way, it's a big deal and the weight of expectation on its shoulders is massive!

"The Countach LPI 800-4 is a visionary car of the moment, just as its forerunner was," says Automobili Lamborghini President and CEO Stephan Winkelmann. "One of the most important automotive icons, the Countach not only embodies the design and engineering tenet of Lamborghini but represents our philosophy of reinventing boundaries, achieving the unexpected and extraordinary and, most importantly, being the 'stuff of dreams".

In no uncertain terms, the Countach, made its peers of the same era look absolutely vanilla. It was the wild child of the supercar dawn, hugely impractical, garish under-equipped, not all that fast but eccentrically styled. The epitome of a supercar that carved out Lamborghini's identity.

Needless to say, the prospect of a Countach some fifty years later brings a lot of questions and anticipation about Lamborghini's ability to walk the tightrope between old school and new school. Over time, the Lamborghini name has evolved considerably, helped in no small part by its fusion with sibling company, Audi. This has finessed some of the Italian's sharp edges and brought a great deal of civility to the ergonomics. But there are still those who want a raw-skinned Lamborghini, especially when it bears the iconic name. It's a tricky marriage to get right.

Nearly all Lamborghinis were named after a famous fighting bull, however, the Countach got its name from someone's – a security guard's - verbal reaction upon seeing it for the first time. Lamborghini claims that the name, pronounced 'Coon-tach' is an "exclamation of the Italian Piedmontese dialect that indicates astonishment and admiration for something". Some fifty years later and the new official name is Lamborghini Countach LPI 800-4.

What's clear from the outset is how faithful the new version is; considering that modern cars all need to comply with a suite of safety rules that weren't existent some 50 years ago. "The Countach not only embodies the design and engineering tenet of Lamborghini but represents our philosophy of reinventing boundaries," explains returning boss Stephan Winkelmann.

Lambo's design boss Mitja Borkert is, unsurprisingly, quite proud of the finished product. "The Countach LPI 800-4 is an incomparable design opportunity: to take a car so important and continue its evolution into a new era is a unique privilege." And yes, before you wonder too hard, of course, it has scissor doors.

But while it has all the tropes of a 70s supercar on the outside, the new LPI 800-4 is right up there with Lamborghini's most modern models. Underneath that wedge, the Countach is hewn from the same architecture as the Lamborghini Sian – without doubt, a gamechanger in Lamborghini's history because of it being the first hybrid-assisted model.

As with the original, a V12 sits a few inches behind the seats but is stretched to 6.5-liters and producing 770hp. In normal sanity terms, it's plenty but is now supported by a 48-volt electric motor adding 34hp and resulting in a combined power output of 804hp. Being Lamborghini, the usual Li-ion battery configuration was deemed too mundane so instead, supercapacitors supplement the power curve and help with low-speed maneuvering. Supercapacitors are significantly lighter and reportedly are three times more powerful than traditional hybrid setups.

The only limitation being that supercapacitors do not allow for engine-off running – and therefore no zero-emission capability – and this will therefore be the reason that Lamborghini will no longer use this setup going forward.

When everything is hooked up, acceleration is rapid going from 0-60mph in 2.8 seconds, 0-124mph in 8.6 seconds and only tailing off at 221mph. Unlike the original, the new version has an all-wheel-drive baked into the performance hardware and this gives the Countach genuine 365-day usability, as does the 7-speed automatic transmission.

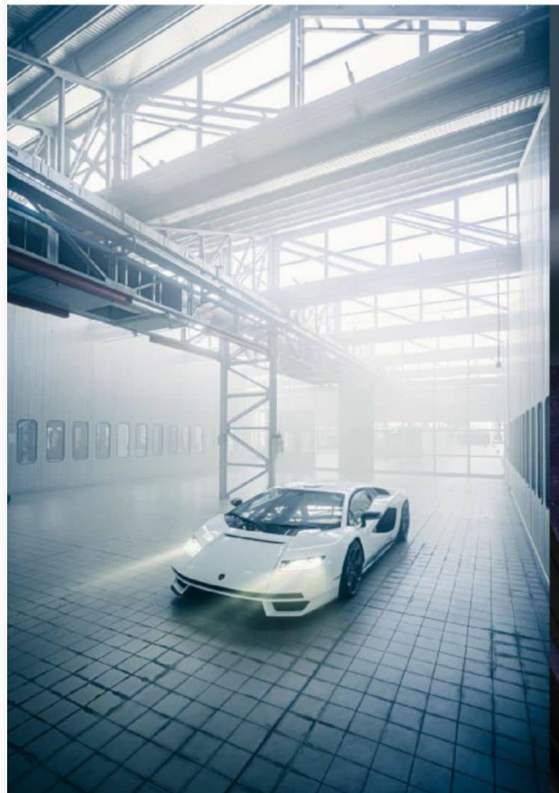
Other clues to its modern evolution include the materials. No longer is steel and steel tubing good or light enough. Any excess weight from the supercapacitors is clawed back by carbon fiber in the door panels, front splitter, and wing mirrors, some of which is left exposed, while owners will have a selection of Heritage paint options like Bianco Verde Medio and Bronzo Zante to choose from. Lamborghini's well-known hexagonal design is highlighted in areas like the brake lights, wheel design, and engine covers.

Inside is where the new Countach is night and day different to its forebear. The Countach was infamously difficult to drive with offset pedals and visibility so limited that the common technique for reversing was to open the door and crane your neck outside. No such idiosyncrasies here, the new Countach is a facsimile of the Aventador's high-tech cabin lead by the 8.4inch touchscreen which quickly becomes a one-touch smartphone interface.

"The Countach was provocative and polarising," Borkert said. "It made people smile and stare but its infamous recognisability demonstrates the purity of its design legacy. The Countach LPI 800-4 elevates that clarity to a new level, celebrated in an exclusive limited edition to take its place in motoring history," he added.

Exclusivity for the new Countach will be maintained thanks to only 112 units being produced from €2 million each – a far cry from the Countach's original price of $52,000 nearly fifty years ago. According to sources, most have already been snapped up, but that doesn't mean they can't live on your wall.

Pawan Dhingara



UBER OR NEUTERED HATCH?

Does Audi's S3 still have the fizz?

There are hot hatches and then there is the Audi S3. It's always been something of the archetypal performance hatch, the one that added a few more steroids to the bloodline without enduring heavy compromises and brought a whiff of premium air with it. And because of that, it held a certain prestige and quality appeal. The fact that it's been thoroughly eclipsed by the RS3, Mercedes-A45 AMG merely shows how completely bonkers and power-obsessed the hot hatch scene has become.

So the question to be asked is, where does an Audi S3 find itself in the year 2021? At first glance, the answer seems to be by honing and distilling the vintage formula. On top of that there are two options of bodystyles; a five-door hatchback and four-door sedan – the latter being our pick.

The S3's engine doesn't create any headlines for itself, preferring instead to stick with the 2.0-liter turbocharged four-cylinder with 286hp and 400Nm, at least that's the full wad in countries where the engine has been slightly detuned. Other (read bigger) markets such as Europe and China all receive the higher 307hp output version. For the first time in S3's history, a manual version isn't a box you can tick.
In real terms out on the road the horsepower difference goes by without a trace, even the stopwatch fails to see what the fuss is about, recording 4.8 seconds for the 0-60mph sprint in absolute clinical control and precision. This is still an easy car to drive fast and forgiving, as is the familiar Audi way, but it's also reassuring to know that Audi hasn't dropped the ball or tried to juggle too many.

Audi's all-new modular dynamic handling control system is as sophisticated as it sounds, moving torque between the axles and wheels depending on the levels of grip, and how that fits in with the parameters of the selected driving mode. Audi says the system can even send 100 percent of the power to the rear axle, which sounds more hypothetical to our minds than anything else.

The S3's presence on the road is defined a lot by the color. Python Yellow gets the ad campaigns buzzing but most will buy it in a shade of silver where it goes about its business like an undercover assassin. The styling as a whole appears as though it was done by a guillotine. Horizontal slots in the bonnet pay homage to the early Quattro rally car and there's flicks of contrasting paint to add some visual depth and muscle. There are four pipes out the back which is two more than the Audi RS3 gets but for the most part, the styling is only lightly warm rather than bubbling hot.

Poking around the interior, you notice a drop in quality and some mismatched materials. You can't fool us with your digital screens and fluid animations. Even the Golf R – which happens to be cheaper - is starting to feel like a more cohesive and premium design. By contrast, the S3's cabin ambiance is cold and unfriendly, not only because of the jagged lines but also because the touchpoints are small and lacking tactility.
Better just to use voice activation.

Audi is really chipping away at a formula that they perfected a long time ago but in doing so some of the fun factor has been lost. It's enormously competent, fast and digital but so are the alternatives, some of them even from the same family.

Pawan Dhingara

NISSAN'S NEW NINJA KID

Old school meets new school in this 400hp rear-wheel drive sportscar

With all the SUVs, dinky crossovers and pickups currently on sale, it's easy to forget that Nissan is pretty well versed in the making of sportscars and supercars – these low-volume, halo cars just haven't been much of a focus of late.

But in order to pour some excitement back into the brand, Nissan has lifted the lid on its seventh generation Z car. Nope not the 400Z as some dubbed it, this one is just called the Nissan Z, and that's some bold statement.

We're pleased to report that the legacy looks to be intact. Nissan has followed the recipe of rear-wheel drive, two doors, and engine upfront. That engine is a 3.0-liter turbo V6 with either a 6-speed manual or nine-speed auto. There aren't any official performance figures to start challenging the internet with but considering that this car is going to go up against the Toyota Supra, it'll need to do 0-60mph in under five seconds.

The Nissan Z will also come off the dealer floor in two variants; the Sport model is actually the base one and the Performance model will have a higher sticker price because of the launch control, limited-slip differential, larger wheels, beefier brakes, sports exhaust, and premium audio system. It's a chunk of stuff that's rather essential in a 400hp sportscar and the fact that you can have all that, and the manual gearbox has been high on our wish list for a long time.

Behind that retro look reminiscent of myriad Datsun Z models, is a chassis that boasts new levels of rigidity and lightness. There's even a carbon fiber prop shaft for cars fitted with the manual gearbox. Chances are it should feel like a purer, nimbler, and more comfortable Nissan R35 with a more modern interior. That interior is defined by a very 90s looking gauge cluster sitting on top of the dashboard. These gauges measure boost pressure from the turbo, turbo speed, and voltage and unlike modern displays are not customizable. Above the gear lever is an 8-inch touchscreen as well as a 12.3-inch touchscreen. Wi-Fi is also standard.

Chief product specialist Hiroshi Tamura believes that Nissan has made the best Z yet. "With each generation, we raise the bar, pushing the limits of Z and continuing to tap into the human instinct for that next thrilling journey. More than just powerful and agile, the 2023 Z is designed to be one with the driver for all kinds of on-road adventures," Tamura said.

Not all countries will be able to get their hands on a Nissan Z – the UK for instance is not on the list but most of the USA is.

Pawan Dhingara

Banoffee

FRENCH TOAST

Servings: 1

Ingredients

- 1 tsp olive oil
- 3 eggs
- ½ tsp salt
- 1 tsp caramel essence
- 1 tsp raw cacao powder (optional)
- 2 slices of bread of your choice (we prefer 100% rye)
- salted caramel and date sauce
- 1 cup unsweetened almond milk
- 10oz (300g) fresh pitted Medjool dates
- 1 cup of water
- 2 tsp caramel essence
- 1 tsp vanilla essence
- 1 tsp salt
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 heaped tsp almond butter

Toppings

- almond butter
- sliced banana
- raw honey
- toasted flaked almonds
- ground cinnamon

Instructions

1. First, make the sauce.
2. Spray a large saucepan with nonstick cooking spray.
3. Add the almond milk, dates, water, caramel essence, vanilla essence, salt, cinnamon, and nutmeg.
4. Cook for 10 to 15 minutes or until the dates are soft and most of the water has evaporated.
5. Remove from the heat and mash the dates to a smooth consistency. Stir in the almond butter and allow to cool slightly.
6. While the sauce cools, spray a frying pan with nonstick cooking spray and heat the olive oil.

Soy and Sesame

BEEF STRIPS

Servings: 4

Ingredients

- 2 tbsp olive oil
- 3 spring onions, chopped
- 1 heaped tsp crushed garlic
- 1 medium red, orange or yellow bell pepper, cut into strips (keep the seeds)
- 20oz (600g) beef strips
- 5 tbsp soy sauce or tamari
- 2 tbsp sesame seeds
- 1 tsp ground black pepper
- 1/4 cup raw honey
- ½ tsp salt
- a handful of chopped fresh Italian parsley

Instructions

1. Heat the olive oil in a frying pan over medium heat and fry the spring onions, garlic, bell pepper, and reserved seeds for about 5 minutes to release their flavor, then add the beef strips and fry until the meat is golden brown.
2. In a small bowl, mix the soy sauce or tamari, sesame seeds, black pepper, honey and salt.
3. Add this to the pan once the meat is cooked, and simmer for about 15 minutes or until most of the moisture has evaporated.
4. Add the chopped fresh parsley, remove from heat and allow to cool completely before placing in an airtight container and storing it in the fridge to use when needed.
5. Note: Be on the lookout for tamari, a more mature gluten-free alternative to soy sauce.

Sweet Basil BBQ

CHICKEN TRAYBAKE

Servings: 10

Ingredients

- 3.5lbs (1.5kg) Chicken Fillets
- brine - 3 tbsp salt dissolved in 40fl. oz (1.2L) water
- 2 tbsp olive oil
- 2 tbsp raw honey
- 1 tbsp paprika
- 1 tbsp dried sweet basil
- 1 tbsp onion flakes
- ½ tsp ground black pepper
- ½ tsp salt

Instructions

1. Soak the chicken fillets overnight in the brine.
2. When ready to cook, preheat the oven to 360F (180C).
3. Line a roasting tray with baking paper or foil and spray with nonstick cooking spray.
4. Remove the chicken from the brine and pat dry with a paper towel.
5. Arrange the chicken fillets on the tray and drizzle first with the olive oil and then with the honey.
6. Sprinkle with the paprika, sweet basil and onion flakes respectively, in this order.
7. Finish off with the black pepper.
8. Bake in the oven for 25 minutes.
9. Remove from the oven and drain the juices (if you would like to make a sauce, pour these juices into a saucepan with some of the ingredients used in the recipe and simmer until thickened).
10. Sprinkle the salt over the chicken and allow it to cool properly before placing it in an airtight container and storing it in the fridge to use when needed.

Honey-mustard and Rosemary

CHICKEN TRAYBAKE

Servings: 10

Ingredients

- 3.5lbs (1.5kg) chicken fillets
- brine - 3 tbsp salt dissolved in 40fl.oz (1.2L) water
- 2 tbsp olive oil
- 2 tbsp raw honey
- 1 tbsp onion powder
- 1 tbsp mustard powder
- 1 tbsp mustard seeds
- 1 tbsp dried rosemary
- ½ tsp ground black pepper
- ½ tsp salt

Instructions

1. Soak the chicken fillets overnight in the brine.
2. When ready to cook, preheat the oven to 360F (180C).
3. Line a roasting tray with baking paper or foil and spray with nonstick cooking spray if you want to make your life easier and skip the scrubbing afterward.
4. Remove the chicken from the brine and pat dry with a paper towel.
5. Arrange the chicken fillets on the tray and drizzle first with the olive oil and then with the honey.
6. Sprinkle over the onion powder, followed by the mustard powder, mustard seeds and dried rosemary respectively, in this order.
7. Finish off with the black pepper.
8. Bake in the oven for 25 minutes.
9. Remove from the oven and drain the juices (if you would like to make a sauce, pour these juices into a saucepan with some of the ingredients used in the recipe and simmer until thickened).
10. Sprinkle the salt over the chicken and allow it to cool properly before placing it in an airtight container and storing it in the fridge to use when needed.
11. Note: The trick for the most tender oven-baked chicken is to soak the fillets overnight in brine before baking and to only season with salt once the chicken is cooked.

Oven-roasted

SWEET POTATOES

Servings: 4-5

Ingredients

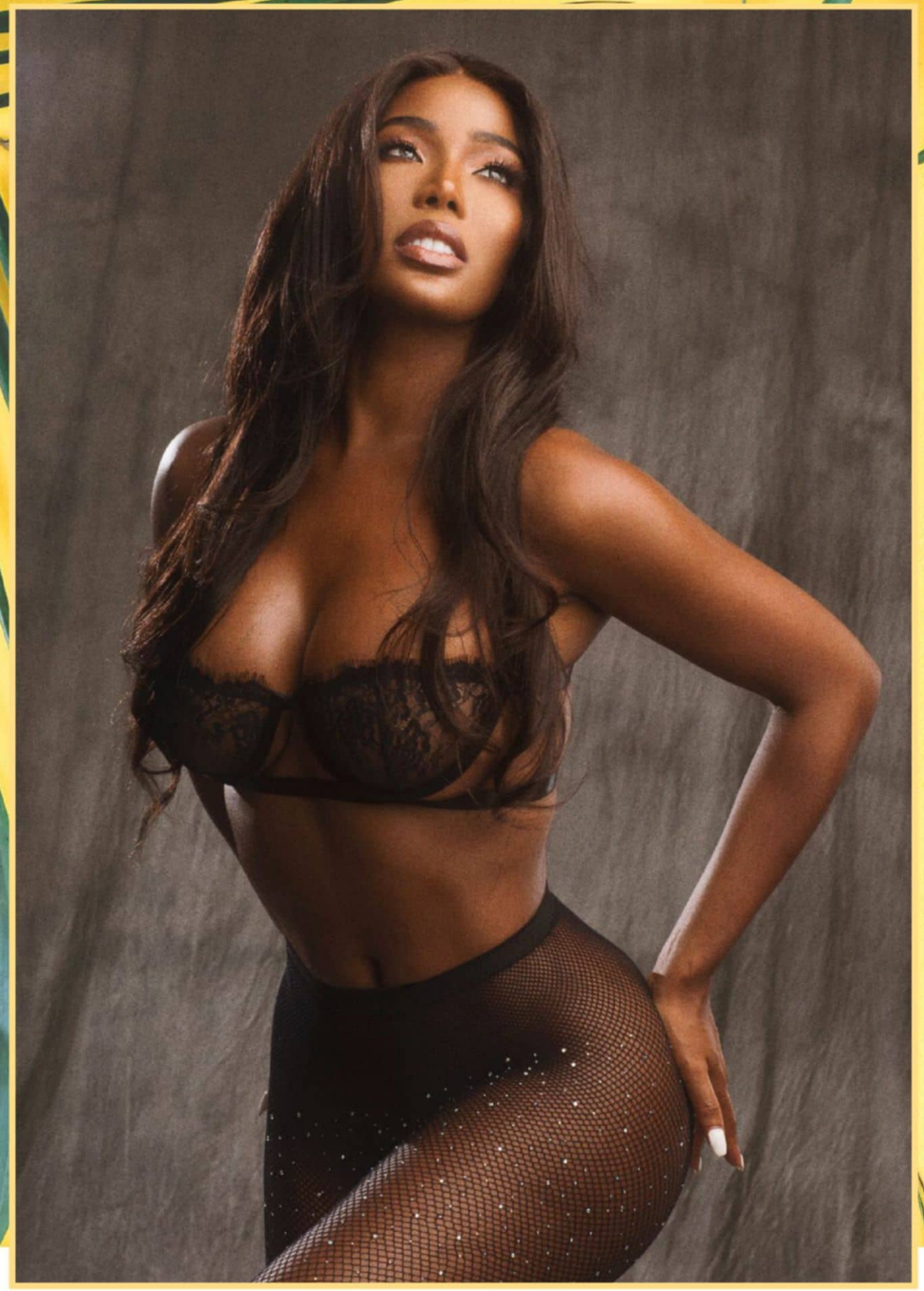
- 2.2lbs (1kg) sweet potatoes, washed not scrubbed, otherwise, you'll remove the skin which contains most of the fiber

Instructions

1. Preheat the oven to 390F (200C).
2. Line a baking tray with foil and spray with nonstick cooking spray.
3. Soak whole sweet potatoes in water for 5 to 10 minutes.
4. Cut off the ends and roughly cut the sweet potatoes into chunks.
5. Place the sweet potato chunks on the lined baking tray and bake for 1 hour and 15 minutes.
6. Allow to cool before placing in an airtight container and storing in the fridge to use when needed. They will last up to 5 days refrigerated. If serving on the same day as roasting, drizzle with olive oil and raw honey and season with salt.

Monifa Jansen

Model @monifajansen
Photography by Zahir Santiroma (shot in Curaçao) and Jimmy James (shot in Netherlands)
Agency @lsamodels
PR @leo.alderman @lsapublications



From the Miss Universe stage, to the catwalk, to the recording studio, this island gem, just like her beauty, knows no boundaries. Hailing from such a small is-land, but ready to take the world by storm.

Such an absolute honour to have you feature on FHM! What has your journey as a certified bombshell been like so far? My journey as a certified bombshell has been rocky but very exciting. It's led me to amazing places and amazing people and I feel like every day I wake up I get to do what I truly love.

We are blown away by your drive and professionalism, can you tell us some of the things that motivate you to stay on top of your game?
Being innovative. Staying true to myself, but always expecting more of myself. Never settling for comfortability. Always setting the bar higher.

Top 3 best moments of your career: 1. Being on the Miss Universe stage. 2. Going on a world tour. 3. Hosting a sold out event in South Africa.

What is your favorite chill time activity? I'm an island girl, so hands down going to the beach.

We are taking you out on your ultimate date and we really want to knock this one out the ballpark, what would that entail? Taking me on a surprise trip somewhere where we could get away from our usual crowd, a beautiful candle lit dinner, finished with some dancing under the stars, barefoot in the sand.

What are, hands down, your absolute favourite things to do? Traveling, eating, going to the beach, creating content, watching movies and working.

3 ultimate deal breakers when it comes to men? Players, pretentious guys and new school "do it yourself" type of guys.

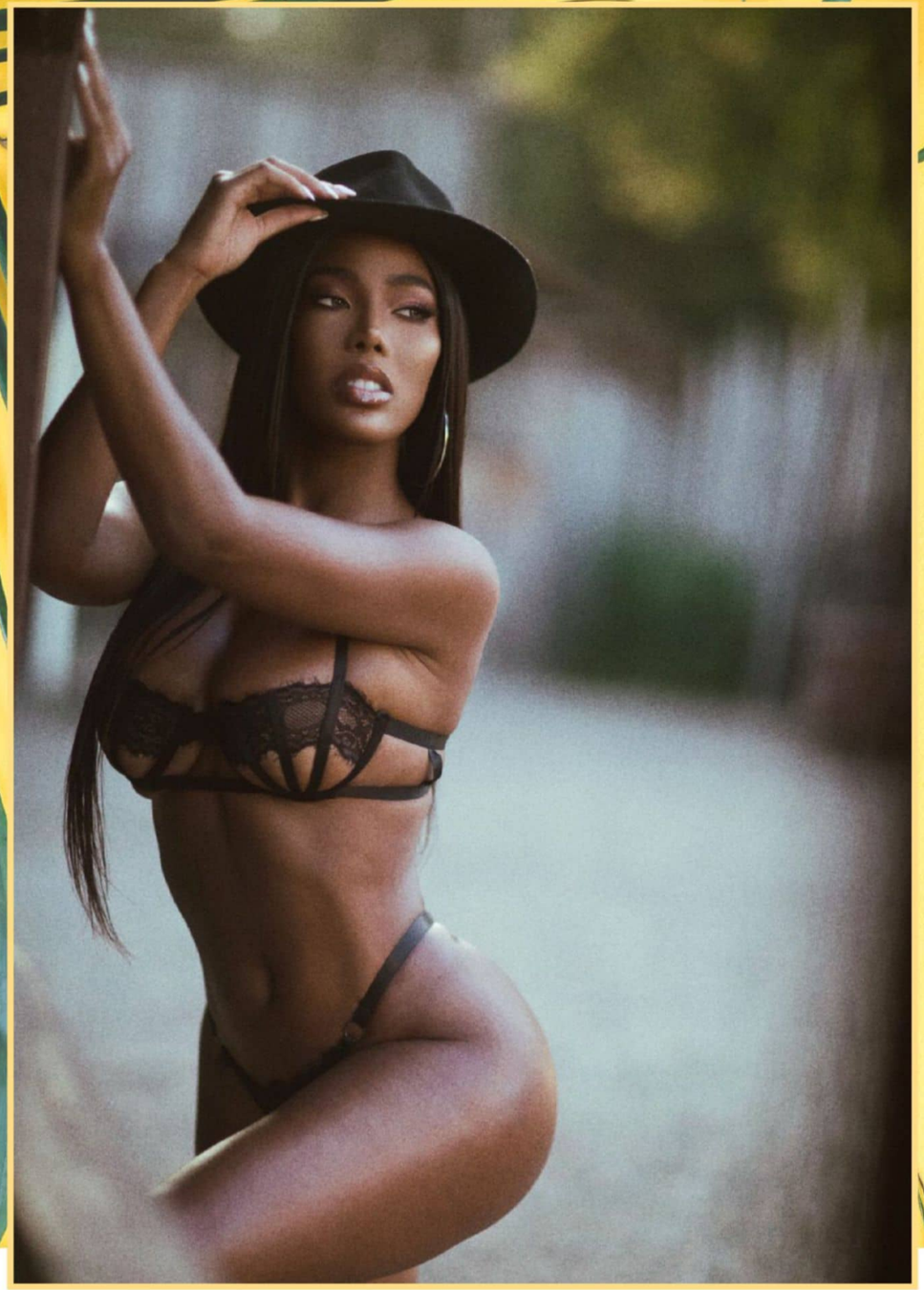
You have one last chance to do something you have always wanted to do, with no limits on anything, what are you doing? To act in an action packed movie alongside The Rock, Angelina Jolie and Idris Elba. No limits right?

Where would you say is your favourite place to be in the world and why? Curaçao. That's where I'm from. That's where my family lives. And that's where I feel the most at home.

What is currently playing on loop on your playlist? Body In Motion by DJ Khaled.

Where can our readers catch up with you and stay updated with your work? My socials:
@monifajansen on IG, TikTok and Facebook, Monifa Jansen on YouTube, Spotify, Apple Music.

We are so happy to have gotten to know you a little bit! Any last words out there for our readers? I know it's a cliche, but people wouldn't always say it if it weren't true. Always believe in yourself, work hard at your goals and dreams, never give up and you can accomplish anything in life.



STRONGER Relationships HAPPEN

If you let your girl do her eyebrows!

Eyebrows.... most of us have them! And let's be honest, when it comes to dating most of the time appearances matter, especially during the first meeting. And because of this and how eyebrows show off a lot of our facial expressions, beauty expert Joi Mebane has been helping men and women around the world understand the microblading and beauty industry in full, so that your eyebrows are never a concern... plus letting your woman do hers will make your relationship stronger!

FHM sat down exclusively with the beauty artist and brow expert that all the stars use to learn more + some fun tips for us all to use...

How did you get involved first with the beauty industry? Back in college, I did EVERYONE's brows in my dorm room. I started my professional career off working at a beauty counter doing makeup. I transitioned into a salon where I specialized in only doing brows and lashes. Before finishing college I got an opportunity to open my own cosmetics counter and I just went for it.

Why do "looks" matter overall? People always say, "What matters is what's on the inside." But, let's be real, your outward appearance makes your first impression. "Looks" are a way to identify yourself, it's the first thing people see. This isn't to say you only make a good impression if you're Beyonce, but to empower people to put some effort into how they carry themselves. Taking care of yourself is a form of self-care. When you look good, you feel good!

Why should guys try and understand and support their girl's makeup/ beauty routines in order to have a stronger relationship? For the same reason, women learn about sports - showing interest in something your partner cares about. When a man knows his woman's beauty routine, he can understand the effort she put in to look good. A man can also use this knowledge to compliment a woman on a new look and show her that he's paying attention.

What are your favorite products to use and why? My go-to product to use is my 60 Second Brow Kit. I created this kit for everyday women to achieve the perfect brows at home in under a minute. The kit includes a brow powder that can also be used as a bronzer, contour, and eyeshadow. The kit also comes with a full-sized concealer that can be used all over the face and specifically under the brow to highlight the brow arch. The kit is versatile and I literally take it with me everywhere.

What are the top tips you give to those wanting to go into microblading and the beauty industry? First of all, let me start by saying the beauty industry is not going anywhere! People will always want to look and feel beautiful. There will always be a need for beauty products and services. So when you're just starting out, know that there is plenty of room in the industry for you! You have to find your niche. Don't try to do everything! Narrow down what you are the best at, educate yourself, and position yourself as an expert in your niche. Consistency is key!

How important is social media for companies and people like you these days? When I first started my business 18 years ago, a friend of mine told me "For every 500 flyers you pass out, you'll get 20 customers." I literally ran and got thousands of flyers printed. I would do my makeup, get dressed up and actually go out and talk to people. I would let them know that I'm a beauty expert, specializing in brows and give them a

flyer. Now, with social media, you don't have to spend a ton of money and time getting flyers printed and passing them out.

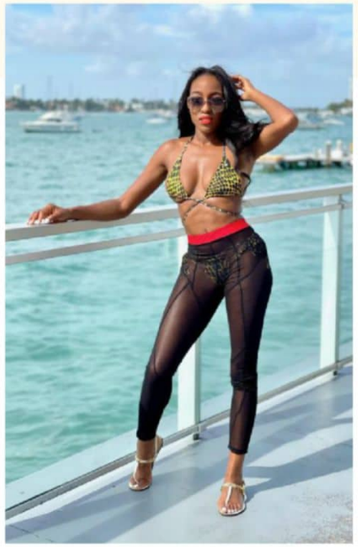
Instead, you can broadcast to millions of people online for FREE. All of these social media platforms are basically your own talk show, TV network, billboard and art gallery all in one. Social media is a way to authentically interact by sharing all aspects of your business in one place. I love to hop on Instagram LIVE and show my audience what I'm up to, show demos of my products and have mini business training sessions.

Where do you see the microblading industry as a whole heading towards this year as we are still in the middle of a pandemic? Like I said before, beauty isn't going anywhere. Even in a pandemic, people still want to look beautiful. The microblading industry has really shown the shift of cosmetics to cosmetics in the beauty industry, meaning, people want more semi-permanent solutions. The microblading industry, and really, the whole permanent makeup industry, is really thriving right now. The pandemic made people realize they can invest in beauty services that last longer, instead of depending on weekly beauty appointments.

Where has been your favorite place to travel and teach? I absolutely love traveling and teaching in New York City! New Yorkers are hustlers! The students in NYC are always so receptive and ready to learn. NYC has the best vibes! I shot a commercial walking the streets of Tribeca and was featured on Fox News Good Day NY. I love being a tourist in NYC. Even though I've been there a few times, there is always something new to do.

Which celebrity do you think has the best eyebrows? Beyonce definitely has the best brows! They have the perfect arch for her facial structure and are naturally full and fluffy. If you look back at her eyebrows over the years, she definitely showcased different eyebrow trends while still keeping her signature look.

What is your ultimate dream? My ultimate dream is to empower as many people as I can in this billion-dollar beauty industry. When I first started out I didn't have a mentor in the beauty industry so it was really trial and error for me. I want to be known for helping others achieve their goals. It's one thing to have a successful business, but to have others be inspired, motivated and educated by my journey is priceless.



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